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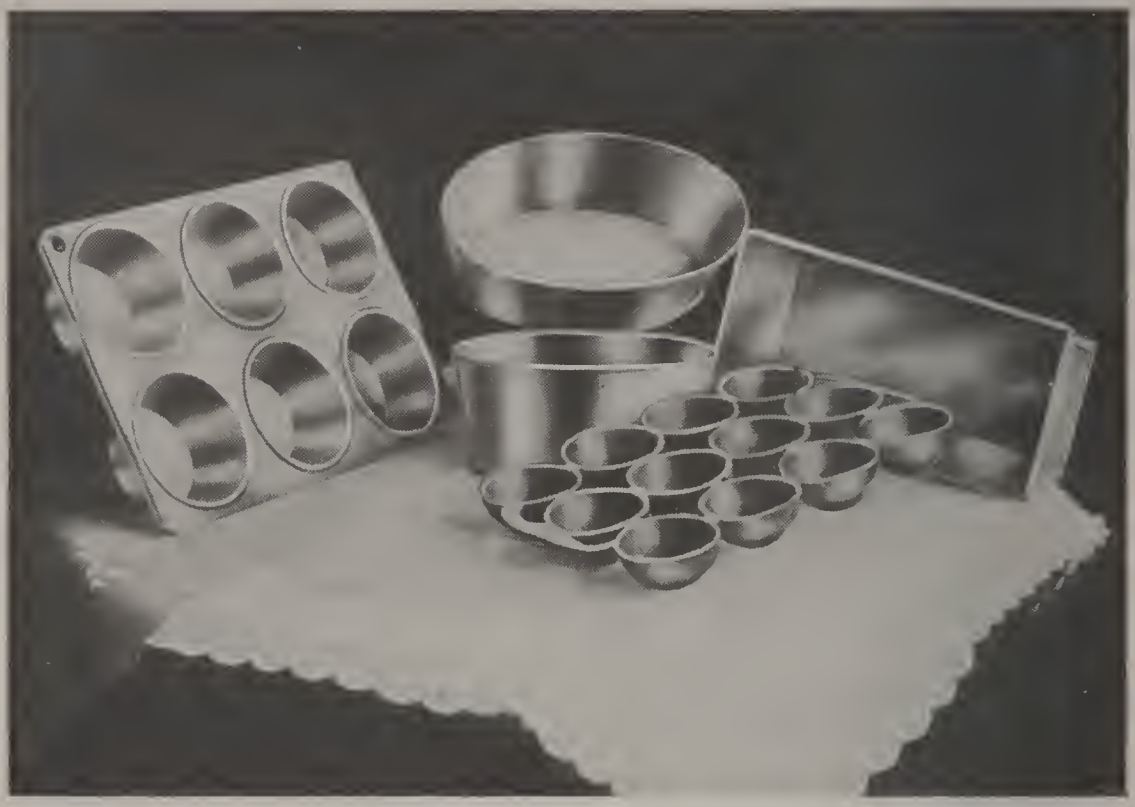
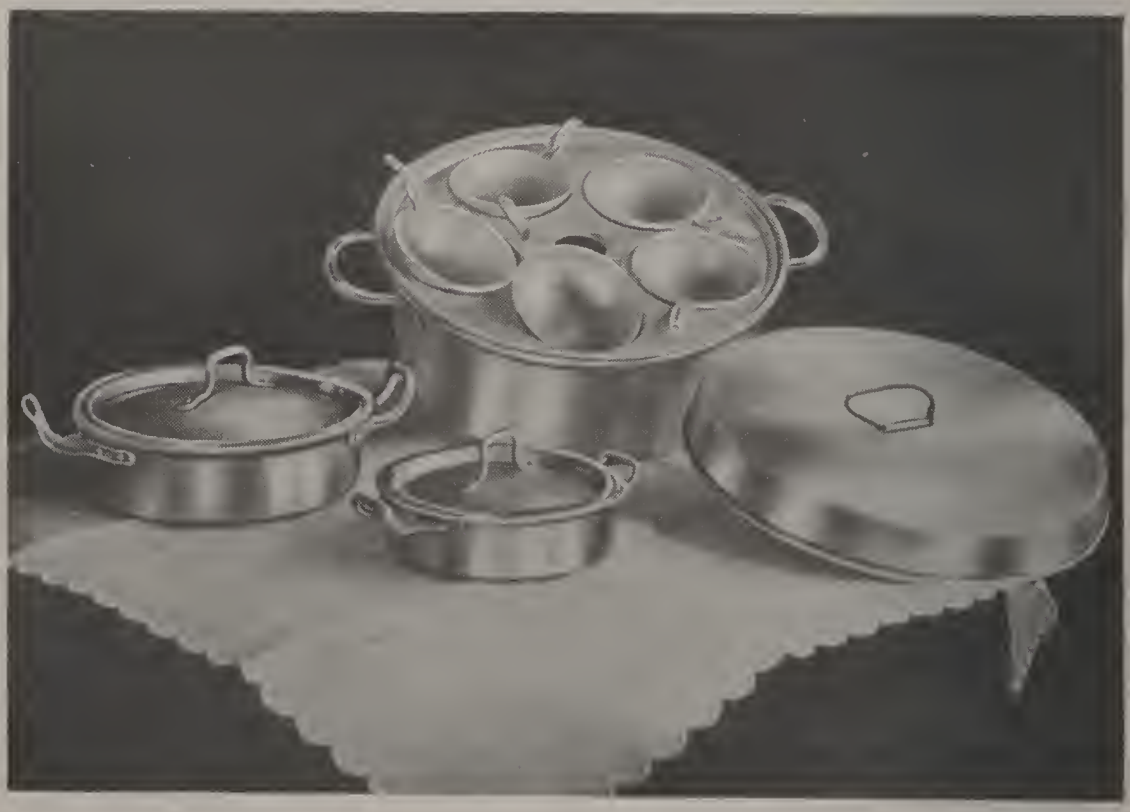
ENCYCLOPEDIA OF COOKERY



Muffin and Baking Pans.



Egg Steamer and Casserole

ENCYCLOPEDIA
OF COOKERY

1001 RECIPES, MENUS
& RULES FOR MODERN,
SCIENTIFIC *and*
ECONOMIC COOKERY

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DEDICATION

TO THE WOMEN OF
AMERICA — ON
WHOSE KNOWLEDGE
OF NUTRITION
LARGELY DEPENDS
THE HEALTH AND
GREATNESS OF OUR
PEOPLE AND OUR
COMING COUNTRY

SOUFFLES

The extreme lightness and delicacy of a well-made soufflé render it a great favorite. It may be varied greatly in its composition and is commonly served under the name of the flavoring used.

Vanilla is one of the most delicate flavorings used for this elegant dish.

The secret of making a soufflé is to have the egg well whipped, particularly the whites. When whipping the whites use a perfectly dry dish and whip thoroughly, as the least moisture will prevent their coming to a froth, and unless the white of the egg is very light and stiff the soufflé will be spoiled and made heavy.

Put all ingredients together quickly but gently, stirring, not beating. If to be baked, place in the oven as soon as the eggs are added, in a but-

tered soufflé dish or pan, filling only half full, as it will rise very light.

Do not have the oven too hot or open the oven door for the first quarter of an hour at least.

When the soufflé has risen very high, as it will in from thirty to forty-five minutes, it is of a fine yellow color and quite done in the center. Send immediately to table, for if allowed to stand it will sink in the center, entirely spoiling its appearance and quality.

To keep hot and so preserve its lightness the soufflé is often carried to the table on a hot iron and placed in the ornamental dish already on the table. It should be quickly handed around instead of placed on the table.

The salamander or braising iron is a very convenient utensil for browning the tops of boiled soufflés, puddings and meringues.

The soufflé pan may be of earthenware or of tin and should be at least three inches deep, fitting into an ornamental dish for serving.

Soufflés may, however, be baked in any deep tin or earthen dish which may be sent to table on a hot plate surrounded with a neatly folded napkin.

BEANS AND NUT SOUFFLE

1 lb. beans
5 tablespoons hot milk
2 tablespoons pine nuts
1 tablespoon butter
2 egg whites
Salt and pepper
1 teaspoon sugar

Soak, wash and cook beans as in preceding recipes, using less water and allowing beans to cook dryer. Press through colander. Add salt, pepper, butter, pine nuts roasted and rolled fine. Add milk and whip until light. Fold in the stiffly-beaten egg whites. Place in baking dish and bake 10 or 15 minutes.

LIMA BEAN SOUFFLE

1 cup cooked beans (mashed)
1 teaspoon onion juice
2 eggs
A bit of celery salt
Pepper
Salt

Press beans through a colander. Add seasoning and fold in the stiffly-beaten eggs. Turn into baking dish or individual dishes and bake in a quick oven.

CHEESE SOUFFLE

1 cup grated cheese — 3 eggs
2 tablespoons butter — ½ cup of milk
½ teaspoon salt — Speck cayenne
1 heaping tablespoon flour

Put the butter in the saucepan and when hot add the flour and stir until smooth, but not browned, add the milk and seasoning and cook two minutes, then add the well-beaten yolks of eggs and the cheese; set away to cool, when cold add the stiffly-beaten whites, turn into a buttered soufflé pan or baking dish and bake from twenty to twenty-five minutes.

Serve the moment it comes from the oven.

MILANAISE SOUFFLE

Put three whipped egg yolks into a saucepan. Add one cup of sugar, the grated rind of half a lemon and the strained juice of one lemon. Set on the stove and stir until hot. Add to this one

and one-half tablespoons of powdered gelatine and dissolve with one-half cup of boiling water. Cool and add one cup of heavy cream whipped and stiffly-beaten egg whites.

Pour into a pretty dish. When set decorate with whipped cream, ornamental fruits or rose petals.

ONION SOUFFLE

5 medium sized onions
1 tablespoon butter
Salt and pepper
½ cup hot milk
2 eggs
1 tablespoon flour
½ cup strained corn

Peel and slice the onions, boil until tender, drain and put through a colander. Add to the onion puree, the strained corn, salt, pepper and butter. Mix or dissolve the flour in the milk and add to the puree. Bring to a boil, constantly stirring. This will thicken the puree, then add the stiffly-beaten eggs, bake in well-oiled pan about thirty minutes.

Serve at once.

POTATO SOUFFLE

5 potatoes
1 teaspoon salt
Saltspoon pepper
1 tablespoon butter
2 cups milk
3 egg whites
1 teaspoon grated onion

Boil potatoes until just done. Put through a sieve or ricer and add all the seasoning, beat until perfectly smooth. The last thing fold in the stiffly-beaten whites and pile on a baking dish.

Sprinkle grated parmesan cheese over the top and brown.

CREAM SOUFFLE

4 eggs
2 tablespoons sugar
A bit of salt
½ teaspoon vanilla extract
1 cup of whipped cream

Beat whites of eggs to stiff froth, and gradually add sugar and flavoring to them. When well beaten add whipped yolks and lastly the whipped cream.

Pour the mixture into a buttered dish and bake just twelve minutes.

Serve at once.

APPLE SOUFFLE

1 pt. strained apple pulp
½ cup sugar
Nutmeg
1 tablespoon butter
6 eggs
Lemon peel

Stir into the hot apple, the butter, sugar, nutmeg and yolks of the eggs, well beaten.

When this is cold, beat the whites of the eggs to a stiff froth and stir into the mixture. Butter a dish and turn the soufflé into it. Bake thirty minutes in a moderate oven and serve at once with any sauce desired.

ALMOND SOUFFLE

6 oz. sweet almonds
2 tablespoons flour
3 tablespoons melted butter
3 cups milk
½ cup sugar
8 eggs
1 teaspoon vanilla

Blanch and pound the almonds, sprinkle in a little rosewater or the vanilla extract during the process, then add to the milk and let all come to boiling point. Mix the flour and sugar together, add and stir until mixture thickens and becomes smooth; take from fire and when slightly cool add the beaten yolks and whipped whites, the melted butter, etc.

Bake in a buttered souffle dish for half an hour, sift sugar over the top and serve.

CHESTNUT SOUFFLE

1 pt. chestnuts
2 tablespoons flour
1 pt. milk
2 tablespoons powdered sugar
1 tablespoon butter
4 eggs

Put one pint of chestnuts into boiling water and boil until shells begin to crack open. Take from the water, remove shells and inner skins, pound in a mortar and make perfectly smooth by putting through a sieve. Pour one pint of

milk over the mashed chestnuts. Dissolve the flour in a portion of the milk and stir all together, put the mixture into a small saucepan, cook slowly for ten minutes, melt butter and stir this into the hot milk and chestnuts. The instant it boils remove from fire and add two tablespoons powdered sugar, whipped yolks of three eggs and mix all well together. Last, add four whites of eggs beaten to a stiff froth and bake about twenty minutes in a moderate oven.

Serve at once.

CHICKEN SOUFFLE

1 chicken breast (uncooked)	1 egg
1 tablespoon flour	½ tablespoon butter
	1 gill sweet cream

Pepper and salt

Take the breast of one raw chicken, chop fine and pound in a mortar, melt a half tablespoon butter and stir it into one tablespoon flour and one tablespoon sweet cream; when boiling take from fire and pour over the chicken mixture in

the mortar, adding one whipped egg. Mix well together, season with pepper and salt and pass through sieve. Whip a gill of cream (less the tablespoon used) to a froth and add to the mixture, fill into truffles or buttered individual molds, bake for fifteen minutes and serve.

CHOCOLATE SOUFFLE (COLD)

2 cups milk
¾ cup powdered sugar
3 eggs
1½ squares of chocolate
2 tablespoons flour
1 teaspoon vanilla
Salt—pinch

Boil the milk in double boiler. Mix the sugar and flour together and add to the boiling milk. Cook ten minutes, add the chocolate and let it stand until the chocolate is dissolved. Beat the yolks and add them. Cook ten minutes, set in cold water and beat until cool, then add flavor and pour into a dish. Beat whites of eggs to a stiff froth, and a little sugar, pour over the souffle and place under a flame to brown.

DESSERTS PREPARED WITH GELATINE

A WORD ABOUT GELATINE

Gelatine was first brought into public notice about 1845 by English physicians, who prescribed it for convalescing patients and people with weak digestion.

Gelatine is perhaps the best and purest form of animal food. It is an excellent carrier or vehicle for other foods. It is readily digestible and assimilable, but the most important function it performs in the body is that of a "sparer" of the body albumins and proteins. Owing to these facts gelatine has become one of our most popular food commodities; its utility in the diet is constantly increasing.

Inasmuch as the primary purpose of this book is to aid the housewife, and people in general, in selecting the purest food and preparing it in the best manner, we, therefore, recommend and

have incorporated in some of our recipes and menus a gelatine known as "Knox Sparkling Gelatine."

JELLY CHARLOTTE

Cut out the center of a sponge cake, leaving the bottom and sides thick enough to hold a pint or a quart of jelly, as is desired. Prepare a lemon, orange, strawberry or grape juice jelly, and when it is cold and just ready to form, turn into the cake and set aside in a cool place or on ice. When ready to serve, cover the top with the chilled froth from a cup of double cream and a cup of milk beaten with a whip churn. Flavor the cream with vanilla and add one-fourth cup of confectioners' sugar before whipping.

DATE CHARLOTTE JELLY

¾ cup sugar
2 cups boiling water
1 cup cold water
½ cup fruit
1 envelope Knox Acidulated gelatine
1 teaspoon lemon extract
1 cup dates
1-3 cup Pecan nut meats

Soak gelatine and one-half of the envelope of lemon flavoring in cold water five minutes; add boiling water and sugar, and when sugar is dissolved add extract. When mixture begins to thicken, add dates, nut meats and fruit cut in small pieces. Pour into mold lined with lady fingers and decorate with whipped cream and dates.

WINE JELLY

1 envelope Knox Sparkling Gelatine
½ cup cold water
1 2-3 cups boiling water
1 cup sugar
1 cup sherry or Madeira wine
1-3 cup orange juice
3 tablespoons lemon juice

Soak gelatine in cold water five minutes and dissolve in boiling water. Add sugar, wine, orange and lemon juice; strain into wet mold and chill.

FRUIT JELLY

Dissolve one package of gelatine in half a cup cold water. Add two cups of boiling water,

one cup of sugar, juice of one lemon, and one cup grape juice (Welch's preferred).

When cool, add two tablespoons chopped nut meats, one cup of Malaga grapes halved (and seeds taken out), and a few Maraschino cherries. Set in a cool place to harden and serve with whipped cream or plain cream.

LEMON JELLY

1 envelope Knox Sparkling Gelatine
1 cup cold water
2 cups boiling water
¾ cup sugar
1 cup lemon juice

Soak gelatine in cold water five minutes and dissolve in boiling water. Add sugar and stir until dissolved; then add lemon juice. Strain into molds first dipped in cold water, and chill.

Fruit juices may be used to make a colored jelly.

PINEAPPLE JELLY

2 tablespoons gelatine
¾ cup sugar
2 cups cold water
2 tablespoons lemon juice
1½ cups pineapple juice (scalded)

Soak gelatine in one cup cold water ten minutes. Heat pineapple juice, mixed with remaining water, to boiling point and pour over soaked gelatine; then add sugar and lemon juice. Turn into a mold dipped in cold water, and when beginning to set mold in slices of cooked pineapple.

Note.—Fresh pineapple fruit or juice must first be scalded or jelly will not harden.

APPLE JELLY

2 tablespoons gelatine
1 cup hot water
½ cup cream
1 apple
1 cup cold water
1 lemon
Whites of 2 eggs
1 cup sugar
Nutmeg

Soften the gelatine in cold water, and dissolve in hot water. Add sugar and lemon juice. To cream, add beaten whites of eggs and grated apple and nutmeg. When jelly is cool, beat into apple mixture. Turn into mold and chill.

GRAPE JUICE AND WALNUT JELLY

2 tablespoons gelatine
½ cup orange juice
½ cup cold water
¾ cup sugar
½ cup Welch's Grape Juice
3 tablespoons lemon juice
2 cups hot water
English walnuts

Soak gelatine in the cold water ten minutes and dissolve in the hot water. Add fruit juices and sugar. Set to cool, and when it begins to thicken turn into a mold decorated with walnuts. Serve with whipped cream. Malaga grapes, halved and seeded; a few Maraschino cherries and other fruits may be molded in, if desired.

RAINBOW JELLY

A large variety of forms and artistic table decorations can be made as follows:

Prepare a light, transparent jelly. Pour into a large mold, and when this is partly hardened press into it a smaller mold. When this is set, remove the smaller mold and fill the cavity with jelly of another color.

BANANA CHARLOTTE RUSSE

Peel and cut three or four very ripe bananas into strips resembling lady fingers. Line with these the bottom and sides of a small plain charlotte mold. Dissolve tablespoon of gelatine in half a cup of cold water, then add one cup hot milk. Dissolve thoroughly. Add two tablespoons sugar, one-half teaspoon vanilla extract. When cool, fold in one cup heavy cream whipped. Set aside until firm, then turn out and serve with cream or fruit juice.

NOTE.—A few seeded raisins or Malaga grapes can be placed in the center of the mold before pouring in the gelatine.

APPLE OR PEACH CHARLOTTE

2 tablespoons gelatine
½ cup hot water
Juice of ½ lemon
½ cup sugar
½ cup cold water
1 cup tart apple sauce or
1 cup very ripe peaches, crushed
Whites of 2 eggs

Soak the gelatine in cold water and dissolve in the hot water. Add sugar and lemon juice. Cook enough tart apples to make a cup of sauce, put through a fine sieve, then whip them into the gelatine. Set in a pan of cracked ice and beat until it begins to thicken, then fold in the well-beaten whites. Pour into a mold that has been lined with sponge cake, and set on ice to harden. Make a custard sauce from the yolks of the eggs, one cup of milk, two tablespoonfuls sugar and a dash of nutmeg, and serve with the Charlotte.

GRAPE JUICE CHARLOTTE RUSSE

¼ cup cold water
¼ cup boiling water
1 cup grape juice
½ cup sugar
Lady fingers
½ envelope Knox Sparkling Gelatine
1 tablespoon lemon juice
1½ cups heavy cream, beaten until stiff

Soak gelatine in cold water five minutes and dissolve in boiling water. Add grape juice,

lemon juice and sugar. Stir until mixture begins to thicken; then fold in cream. Turn into mold lined with lady fingers. Remove from mold and garnish with whipped cream, sweetened and flavored with vanilla, and candied violets.

ANGEL CHARLOTTE RUSSE

1 cup sugar
1 pint heavy cream
Vanilla or sherry
¼ cup cold water
¼ cup boiling water
½ envelope Knox Sparkling Gelatine
1 doz. marshmallows, cut in small pieces
½ doz. rolled stale macaroons
2 tablespoons chopped candied cherries
¼ lb. blanched chopped almonds

Soak the gelatine in cold water, dissolve in boiling water, add sugar. When mixture is cold, add cream beaten until stiff, almonds, macaroons, marshmallows and candied cherries. Flavor with vanilla or sherry. Turn into a mold, first dipped in cold water, and chill. Remove from mold and serve with angel cake.

This dessert may be made more elaborate by cutting the top from an angel cake and removing some of the inside, leaving a case with three-fourths inch walls, then filling case with mixture, replacing top of cake, covering with frosting, and garnishing with candied cherries and blanched almonds.

MAPLE SPONGE

1½ cup cold water
½ cup hot water
Whites of 2 eggs
1 envelope Knox Sparkling Gelatine
2 cups brown or maple sugar
1 cup chopped nut meats

Soak gelatine in cold water five minutes. Put sugar and hot water in saucepan, bring to boiling point and let boil ten minutes. Pour syrup gradually on soaked gelatine. Cool, and when nearly set add whites of eggs beaten until stiff, and nut meats. Turn into mold first dipped in cold water, and chill. Serve with custard made of yolks of eggs, sugar, a few grains of salt, milk and flavoring.

CHOCOLATE BLANC-MANGE

½ cup cold water
1 qt. milk
1 cup sugar
Few grains salt
1 envelope Knox Sparkling Gelatine
2 oz. grated unsweetened chocolate
1 teaspoon vanilla

Soak gelatine in cold water five minutes. Scald milk and add sugar, grated chocolate and salt. When sugar is dissolved, add soaked gelatine; then add flavoring. Turn into mold, first dipped in cold water, and chill. Serve with whipped cream, sweetened and flavored with vanilla.

BANANA SPONGE

1 tablespoon gelatine
¼ cup cold water
1 cup banana pulp
½ cup sugar
Whites of 2 eggs, beaten stiff
1 doz. nuts, finely chopped
2 tablespoons lemon juice, and a little grated rind

Soak gelatine in cold water ten minutes. Put banana pulp, lemon juice, rind and sugar in

saucepan, and bring to the boiling point, stirring constantly. Add soaked gelatine, and stir until cool. When mixture begins to thicken, fold in whites of eggs, beaten until stiff, and turn into wet mold. When serving, sprinkle with pistachio nuts.

CHERRY SPONGE

½ cup cold water
1 tablespoon lemon juice
1½ cups canned cherries
½ envelope Knox Sparkling Gelatine
1 cup canned cherry juice
½ cup sugar
Whites of 2 eggs

Soak gelatine in cold water five minutes and dissolve in hot cherry juice. Add cherries, stoned and cut in halves, sugar and lemon juice. When mixture begins to set add whites of eggs, beaten until stiff. Turn into mold first dipped in cold water, and chill. Garnish with whipped cream, sweetened and flavored with vanilla and chopped cherries. Other canned fruits may be substituted for the cherries.

MELON DESSERT

Remove the centre from a small, cold watermelon and fill the cavity with "Strawberry Whip" mixture. Mold in Sultana raisins to simulate seeds. When firm, cut in triangle slices.

NOTE.—This is a mere suggestion. An infinite variety of effects can be produced by using various fruits for coloring jellies.

CHERRY DESSERT

2 tablespoons gelatine	1 cup cold water
2 cups hot water	1 cup sugar
1 cup cherries	½ cup cream
	1 lemon

Soften gelatine in cold water ten minutes and dissolve in hot water, add lemon juice, and when cool, the whipped cream and cherries cut in halves. Pour in wet mold and set on ice to harden. Serve with cream.

APRICOT PUDDING

Beat four egg whites to a stiff froth. Dissolve one rounded tablespoonful of gelatine in half cup of cold water; then add half cup of boiling water. When cool, beat slowly into the egg whites and whip in a scant cup of granulated sugar. Add a few crushed fresh or canned apricots mashed to a pulp. Stir until mixture hardens. Serve with whipped cream and sauce made of canned apricots.

RASPBERRY MERINGUE PUDDING

Rub enough ripe raspberries through a sieve to make a cup of pulp, then dissolve two tablespoons of gelatine in half a cup of cold water, then add half a cup of boiling water. Add to this one cup of sugar, one tablespoon lemon juice and when cool two cups whipped cream. Mix this thoroughly with the raspberry pulp.

Pour into a wet mold. When set, turn out and decorate with raspberries and whipped cream.

This will serve nine or ten people.

LEMON SPONGE OR SNOW PUDDING

¼ cup cold water
1 cup boiling water
¾ cup sugar
½ envelope Knox Sparkling Gelatine
¼ cup lemon juice
Whites of 2 eggs

Soak gelatine in cold water five minutes, dissolve in boiling water, add sugar, lemon juice and grated rind of one lemon, strain, and set aside; occasionally stir mixture, and when quite thick beat with wire spoon or whisk until frothy; add whites of eggs beaten stiff, and continue beating until stiff enough to hold its shape. Pile by spoonfuls on glass dish. Chill and serve with boiled custard. A very attractive dish may be prepared by coloring half the mixture with color tablet found in each package.

CHOCOLATE PLUM PUDDING

1 envelope Knox Sparkling Gelatine
¾ cup cold water
1 cup sugar
½ teaspoon vanilla
1 cup seeded raisins
½ cup currants
¼ cup sliced citron or nuts, as preferred
1½ squares chocolate
1 pint milk
Pinch salt
½ cup dates or figs, if desired

Soak gelatine in cold water five minutes. Put milk in double boiler, add melted chocolate, and when scalding point is reached add sugar, salt and soaked gelatine. Remove from fire, and when mixture begins to thicken add vanilla, fruit and nut meats. Turn into mold, first dipped in cold water, and chill. Remove to serving dish and garnish with holly. Serve with whipped cream, sweetened and flavored with vanilla.

TURRENT CREAM

4 tablespoons gelatine
1 pt. cream
3 eggs
1 quart milk
1 cup sugar
Flavoring—Vanilla and almond extract
¼ teaspoon salt
½ lb. crystalized fruit—cherries, peaches or apricots

Soak gelatine in one cup milk ten minutes. Scald remaining milk. Separate the eggs. Beat the yolks very light. Add sugar and salt to the scalded milk and when dissolved add the softened gelatine. Cook to the boiling point, then divide into two parts. Return one part to the fire, and when almost boiling stir in the beaten yolks. Cook two minutes and turn into a bowl to cool. Beat cream very stiff and whites until they will stand alone. Divide the latter into two parts. As the yellow custard begins to "form," whip one-half of the whites into it, a little at a time; to the white custard, add the rest of the whites in same manner, alternating with whipped cream. Flavor the yellow with vanilla and the white with almond.

Wet a tall fluted mold with water and place on the bottom and around the sides a row of crystallized cherries, then a layer of white custard, then a layer of yellow custard, another

border of cherries, and so on until all materials are used. Serve with or without cream.

ITALIAN CREAM

1 quart milk	4 eggs
1½ cups sugar	2 oz. gelatine
Flavor to taste	

Cover the gelatine with water and soak for half an hour. Put the quart of milk on in the double boiler; when it comes to the boiling point add the gelatine, then the well-beaten yolks and sugar; when the custard begins to thicken, take it off and turn it into a bowl in which the whites have been beaten to a stiff froth; beat thoroughly together and flavor to taste.

Put into molds and set aside for four or five hours to cool. Can be made any flavor desired and served with any kind of sauce.

Delicious with chocolate sauce.

MACAROON CREAM

¼ cup cold water
3 eggs
2 cups milk
½ envelope Knox Sparkling Gelatine
1-3 cup sugar
Few grains salt
2-3 cup pounded macaroons
1 teaspoon vanilla

Soak gelatine in cold water five minutes. Make a custard of egg yolks, sugar, salt and milk. Add soaked gelatine to hot custard, and when nearly cool add whites of eggs beaten stiff, macaroons and vanilla. Turn into individual molds, first dipped in cold water, and chill. For "French Cream" add one square chocolate.

GRAPE CREAM PUDDING

Soften two heaping tablespoons gelatine in one-half cup cold water and dissolve in one-half cup of boiling water. Add to this two cups sugar, two cups Welch's Grape Juice and three whipped egg yolks. Beat thoroughly, then add two cups heavy cream whipped. Pour into a wet mold, turn out when firm.

Decorate if desired.

MARSHMALLOW CREAM

½ cup cold water
½ cup boiling water
Whites of four eggs
1 cup sugar
½ envelope Knox Sparkling Gelatine
1 teaspoon vanilla
1 teaspoon lemon extract
1½ squares chocolate

Soak gelatine in the cold water five minutes. Add boiling water and place over tea kettle until dissolved. Cool, but do not chill. Stir sugar into dissolved gelatine. Beat the whites of eggs very light, and to the eggs add the gelatine and sugar, a few spoonfuls at a time, beating constantly. Divide quickly into three parts. To the first part add part of the color tablet found in package and flavor with vanilla; to the second part add melted chocolate and vanilla flavoring, and flavor the third part with lemon.

Mold in layers in square mold, adding nuts to the pink part and red cherries to the white. Chill, cut in slices and serve with or without whipped cream or sauce made with the yolks of

eggs. Attractive if served with ice cream instead of cake.

PRUNE ORIENTAL CREAM

1-3 cup milk
¼ cup cold water
¾ cup scalded milk
½ cup sugar
Whites of two eggs
1-3 cup cooked prunes, cut in pieces
1-3 cup chopped figs
½ envelope Knox Sparkling Gelatine
½ pt. heavy cream

Soak gelatine in cold water five minutes, dissolve in scalded milk, and add sugar. Strain into a bowl, set in pan containing ice water, and stir constantly until mixture begins to thicken; then add whites of eggs, beaten until stiff; heavy cream, diluted with milk and beaten until stiff; prunes and figs. Turn into a wet mold, the bottom and sides of which are garnished with halves of cooked prunes, and chill. Remove from mold to serving dish, and garnish with whipped cream (sweetened and flavored

with vanilla), forced through a pastry bag and tube, and chopped pistachio nuts.

APRICOT CREAM

Put through a colander and sweeten to taste about a dozen pieces of soaked evaporated apricots. Dissolve one tablespoon of gelatine and two or three tablespoons sugar in a cup of boiling water. When partly cooled, stir in the apricots and one-half cup whipped cream. Chill in mold and serve.

Note.—Fresh peaches, soaked prunes or crushed berries can be used instead of apricots.

BAVARIAN CREAM

To one-half ounce gelatine add one-half pint of boiling water. When dissolved, add the juice of a lemon and a cupful of any berry or fruit juice (sweetened). Stand the pan containing the mixture in cold water and beat until it be-

gins to thicken. Whip in this half pint whipped cream, put in molds and set away to harden. Serve with thick cream.

ALMOND BAVARIAN CREAM

2 tablespoons gelatine
2 cups milk
1 cup sugar
1 cup almonds
½ cup cold water
Yolks of 2 eggs
1 pt. heavy cream, beaten until stiff
¼ teaspoon almond extract

Soak gelatine in cold water ten minutes. Make a custard of milk, yolks of eggs and sugar; add soaked gelatine, and when mixture begins to thicken add whipped cream, extract and almonds, blanched and pounded to a paste. Turn into a mold, and chill. Unmold, surround with sweetened whipped cream. Sprinkle the cream with blanched almonds split in halves and browned in the oven.

PISTACHIO BAVARIAN CREAM

Make an Almond Bavarian Cream, using pis-

tachio nuts instead of almonds, and vanilla instead of almond extract.

COCOANUT CREAM

1 tablespoon gelatine
¼ cup cold water
1-3 cup sugar
3 eggs
2 cups milk
1 cup shredded cocoanut
Few grains salt
1 teaspoon vanilla

Soak gelatine in cold water ten minutes. Make a custard of yolks of eggs, sugar and milk; remove from range and add soaked gelatine. When mixture begins to set, add cocoanut, whites of eggs beaten until stiff, salt and flavoring. Line a mold with sections of orange, and pour in mixture.

SPANISH CREAM

2 tablespoons gelatine
1 tablespoon vanilla
8 tablespoons sugar
3 eggs
1 quart milk
Salt

Soak gelatine in milk ten minutes. Put on

fire and stir until dissolved. Add salt, and yolks of eggs and four tablespoons sugar, well beaten. Stir until it comes to the boiling point. Remove from stove and have whites of eggs well beaten with four tablespoons sugar. Add whites, stirring briskly, until thoroughly mixed. Flavor, and turn into mold. If desired, serve with whipped cream. This will separate and form a jelly on the bottom with custard on top.

FRUIT PARFAIT

1½ cups heavy cream
2 teaspoons gelatine
1 cup sugar
Whites of 2 eggs
3 tablespoons port wine
½ cup candied fruit
½ cup Welch's Grape Juice
2 tablespoons cold water

Soften the gelatine in the cold water. Boil the sugar and grape juice to a syrup, and dissolve gelatine in the hot syrup. Pour in a fine stream into the whites of the eggs, beating constantly; stir over cold or ice water until the mixture is cold and begins to set; then fold in

the cream, fruit and flavoring. The fruit will be softer if soaked in the wine. Turn into a quart ice-cream mold, and let it stand in equal measures of ice and salt for about three hours.

GELATINE FRUIT SALAD

1 tablespoon gelatine
½ cup cold water
1 cup boiling water
5 tablespoons sugar
A gill of wine, if preferred
2 sliced bananas
½ pound Malaga grapes
1 orange
¼ cup cooked pineapple
¼ cup lemon juice
2 tablespoons pistachio or pignolia nuts

Soften the gelatine in cold water and dissolve in the boiling water. When it begins to thicken, pour a small amount in the bottom of a wet mold. Arrange fruit about in a fanciful design, fill mold, adding fruit, nuts and gelatine, a spoonful at a time.

Serve cold, with mayonnaise dressing or cream.

SALAD DESSERT

½ envelope Knox Sparkling Gelatine
2 tablespoons cold water
1 tablespoon butter
Yolks of two eggs
3 tablespoons sugar
1 teaspoon salt
1-3 teaspoon paprika
2-3 cup milk
1-3 cup lemon juice
2 tablespoons canned pineapple juice
1 cup prepared fruit
1 cup heavy cream
Lettuce
Few grains cayenne

Soak gelatine in cold water five minutes. Melt butter, and add yolks of eggs well beaten, sugar, salt, paprika, and cayenne. Remove from the fire and add gradually milk, lemon and pineapple juice. Cook in double boiler stirring constantly until mixture thickens, and add soaked gelatine. Remove from range and beat two minutes. Cool, stirring occasionally, and when beginning to set add prepared fruit, using Maraschino cherries, cut in small pieces and strained orange pulp, canned sliced pineapple, cut in small pieces, and cream, beaten until stiff, being careful that the fruit does not settle

to the bottom. Pack in a mold that has been dipped in cold water and let stand a few hours until firm. When set, remove to bed of crisp lettuce leaves, and cut in slices, crosswise, for serving. Serve with or without mayonnaise dressing.

COLUMBIA PUDDING

Cover the bottom of a fancy mold with lemon, orange or wine jelly mixture. Line upper part of mold with halves of figs, cut crosswise and soaked in jelly mixture five minutes, having seed sides next to mold. When both are set, fill with Spanish Cream mixture and chill (see recipe). When ready to serve, remove to serving dish and garnish with whipped cream, sweetened and flavored with vanilla, and sections of glaced cherries.

RICE CUSTARD

1-3 cupful rice
¼ teaspoon salt
2 eggs
1 envelope Knox Sparkling Gelatine
3 cups milk
½ cup sugar

Wash rice and cook until tender in a double boiler with two cups milk, scalded, and salt. Beat eggs slightly, add sugar, and add this slowly to the rice and milk mixture. Cook about three minutes, stirring constantly. Soak gelatine in half a cup of cold water and dissolve in one cup of hot milk. Strain, and add to the first mixture, mixing all well together. Flavor with vanilla, and turn into a cold, wet mold.

RICE PARFAIT

2 cups hot boiled rice
1½ cups milk
1 cup cream
1 cup sugar
½ envelope Knox Sparkling Gelatine
¼ teaspoon salt
1 cup chopped nut meats
1 teaspoon vanilla

Soak gelatine in milk ten minutes and dissolve in hot rice. Add sugar and salt, and when cool fold in cream, beaten until stiff. Add nut meats and flavoring. Turn into a mold and chill.

RICE MOLD WITH APRICOT

¼ cup cold water
½ cup scalded apricot juice
½ cup sugar
Few grains salt
½ envelope Knox Sparkling Gelatine
1 cup cooked rice
1 cup whipped cream
1 tablespoon lemon juice

Soak gelatine in cold water five minutes and dissolve by standing cup in hot water. Add apricot juice, sugar and salt to rice. Strain into this the gelatine, and mix thoroughly; cool slightly, and add whipped cream and lemon juice. Turn into mold lined with slices of canned apricot. Chill, and serve with or without whipped cream. Other fruits may be used in place of apricot.

BUTTER SCOTCH RICE

Wash one-third cup rice and cook until nearly tender in a double boiler with two cups of milk, scalded, and one-fourth teaspoonful salt. Meanwhile cook together in a shallow pan one cup of

brown sugar and two tablespoonfuls of butter until it gets very dark brown, but not burnt. Add to this the rice and milk and finish cooking until the rice is tender and the caramel melted. Soak one envelope Knox Sparkling Gelatine in one-half cup cold water until it is softened and then dissolve it in one cup of hot milk. Strain into the cooked rice mixture and turn into a cold wet mold.

ALMOND CHOCOLATE CHARLOTTE

1 tablespoon gelatine
1 cup water
1 cup sugar
1 oz. chocolate
1 cup blanched almonds—chopped
1 pint cream
Vanilla
Lady fingers

Soak gelatine in half cup cold water ten minutes. Heat the other half cup with the sugar; melt the chocolate and mix a little of the syrup with it, then add gelatine and chocolate to the syrup; mix well together and set to cool. When beginning to set, add nuts and vanilla, and fold

in cream. Pour into a mold lined with lady-fingers. Unmold, and decorate with whipped cream.

ORANGE TRIFLE

2 tablespoons gelatine
½ cup cold water
1½ cups boiling water
1 cup sugar
1 cup orange juice
½ pt. heavy cream
1 tablespoon lemon juice

Soak gelatine five minutes in cold water, dissolve in boiling water, add sugar, orange juice, grated rind and lemon juice and strain. Pour half the mixture into a shallow pan, dipped in cold water, and chill. Set bowl containing remaining mixture in pan of ice water and stir constantly, until mixture begins to thicken; then fold in heavy cream beaten until stiff. Turn into ring mold, first dipped in cold water, and chill. Remove mixture from ring mold to serving dish and garnish with glaced cherries, cut to represent flowers, and angelica cut to repre-

sent leaves and stems. Fill center with first part removed from pan and cut in cubes.

GRAPE WHIP

1 tablespoon gelatine — 1 cup cold water
1 lemon — Whites of 2 eggs
½ pint Welch's Grape Juice

Soak the gelatine in the cold water ten minutes and dissolve in hot grape juice; add sugar and juice of the lemon. Strain into a bowl and allow to cool. When it begins to thicken, beat with a wire spoon until frothy and add whites of eggs well beaten. Turn into a mold first dipped in cold water and chill. Serve plain, or with custard made from the yolks of eggs, or with whipped cream.

STRAWBERRY WHIP

2 tablespoons gelatine — 2 cups water
1 cup sugar — 1 quart strawberries
Whites of 2 eggs

Make a syrup of half a cup of sugar and one and a half cups of water. Soften the gelatine in half a cup of water, and dissolve in the hot syrup. Mash berries, with half a cup of sugar, add to syrup, and when cool, beat until light and foamy. Add whites of eggs, well beaten. Pile lightly in sherbet glasses.

PEACH WHIP

2 tablespoons gelatine
1 cup sugar
Whites of two eggs
2 cups water
1 qt. peaches (fresh or canned)
Juice of 1 lemon

Make a syrup of the sugar and one and a half cups of water. Peel and quarter the peaches, add them to the syrup and cook until soft; lift out carefully and press half of them through a sieve. Soften the gelatine in half a cup of water, and dissolve in the hot syrup; add lemon juice. Beat the whites of the eggs to a stiff froth and add the mashed peaches, a tablespoonful at a time. When gelatine begins to thicken, whip the peaches and egg whites into it, and

beat until very light. Turn into a mold and chill. Remove from mold and decorate with the rest of the peaches and whipped cream.

GRAPE APPLE WHIP

Peel and grate two large apples. Beat the whites of two eggs stiff and whip into it one cupful of granulated sugar, then one cupful of Welch's grape juice, adding it gradually, next the grated apples. The mixture should be light and frothy and a very pretty color. Have all cold, and serve the dish quickly, before it has a chance to fall.

ROYAL GRAPE JUICE PUDDING

2 oz. gelatine
1 cup sugar
6 eggs
½ cup cold water
1 pt. grape juice (Welch's preferred)
Juice of 1 lemon

Cover the gelatine with cold water and let stand for five minutes. Heat the grape juice

and lemon juice in double boiler, beat the yolks of the eggs with the sugar and stir into the hot grape juice. Cook until the mixture coats the spoon, then add the gelatine.

Strain into a pan and set in ice water. When cold and beginning to thicken, fold in the whites of the eggs beaten to a stiff froth. Turn into a mold that has been rinsed with cold water and sprinkled with granulated sugar.

Set on ice an hour or two and serve with whipped cream.

PINEAPPLE AND BANANA DELIGHT

1 oz. gelatine
1 small pineapple
3 bananas
2 egg whites
1 cup sugar
3 cups of water
1 cup Welch's Grape Juice
2 lemons

Soak the gelatine in cold water and let stand over hot water until dissolved. Add the sugar, water and grape juice and boil; remove from

fire, add the gelatine and lemon juice. Leave in cold place until it begins to stiffen.

Rinse quart mold with cold water, line bottom with slices of the banana and fill in some of the jelly; when that hardens, put on a layer of shredded pineapple, then jelly, and so on, until the dish is filled. Let harden and turn out on plate and decorate and serve with the following sauce:

Beat the whites of the two eggs very stiff, sweetened with one tablespoon powdered sugar, juice of half a lemon, and one banana mashed to a pulp; beat all very light with rotary egg-beater, and decorate the dessert.

PUDDINGS AND SAUCES

Ingredients of doubtful quality should not be used to make puddings. Milk should be perfectly fresh and fruit should be ripe and sound.

Fruits such as raisins and currants should be thoroughly cleaned and rolled in flour to separate them.

Almonds and spices must be pounded very fine. The rinds of oranges or lemons must be lightly grated; do not grate them through to the white part as this part is bitter and unfit for use.

Cream together butter and sugar before they are added to puddings. To cream butter and sugar, mix them together and beat them until they are light and frothy; butter is sometimes creamed, or beaten alone, until it is very light.

Puddings are baked, boiled, or steamed. Rice,

bread, custard and fruit puddings require a moderate heat; batter and thickened puddings require a quick, intense heat. Always bake (boil or steam) puddings as soon as they have been mixed.

Add a pinch of salt to every pudding. In adding sugar, rather add too little than too much, as excess of sugar tends to make them heavy; if necessary, make the sauce for the pudding sweeter.

Boiled puddings are lighter when boiled in a bag, in which there must be allowed plenty or room for them to expand. Many cooks, in boiling puddings, place them in a buttered tin mold, or in a bowl, over which a floured cloth is tied; the mold or bowl must not be filled full of pudding. The pudding in the mold or bowl is then placed in boiling water which is not permitted to reach the top of the container; if more water becomes necessary, be sure to add boiling water, otherwise the pudding will be heavy.

Pudding bags which serve best are made from white drilling; they should be tapered from top to bottom, and should be rounded on the corners.

Pudding bags should be wrung out in hot water and well floured on the inside before the puddings are poured into them; the puddings should be well beaten the moment before they are poured into the bags. Fill the pudding bags only three-fourths full to allow space for the puddings to swell. After a bag containing pudding has been securely tied, place it in a kettle, upon a saucer or plate—to keep it from burning; pour immediately into the kettle enough water to cover the pudding, and boil it well until done. Open the bag a little, to permit the steam to escape, and serve it at once; delay in serving ruins all boiled puddings.

Baked puddings, which are intended for serving apart from their containers, should have the containers in which they are baked well buttered and sprinkled with bread crumbs on their bot-

toms and along their sides; such precautions will prevent sticking. Puddings which are commonly baked in crust, such as cocoanut, potato, apple and lemon, are equally as good and are more wholesome made with bread crumbs. Use a sufficient amount to make the thickness that of a crust.

When puddings are turned into molds to cool always wet the mold before filling.

In making sauces do not boil after the butter is added. Instead of wine or brandy use grape or any other pure fruit juice for flavoring. The sauce served may be poured either over or around puddings, or into a sauce-boat.

MOCK PLUM PUDDING

No Eggs

½ cup brown sugar
½ cup cocoanut butter
1½ cups flour
1 cup raisins
½ cup finely cut citron and lemon peel
1 cup sour milk
1 teaspoon baking soda
1 cup chopped figs
1 teaspoon cinnamon
1 tablespoon melted chocolate
Pinch salt

Mix sugar and shortening, then add the milk, saving a little to dissolve the soda. Add the balance of ingredients, mixing the flour with the fruit and adding the chocolate and dissolved soda. Turn into a two-quart greased mold, and place in boiling water and boil for two hours. Do not have the water any higher than within two inches of the top of mold. If you haven't a mold you can use two one-pound empty coffee cans for this purpose, but do not fill the cans full, about two-thirds is the right fullness to give it room to rise.

CHOCOLATE PUDDING WITH PLAIN OR WHIPPED CREAM

No Eggs

3 cups milk	2 tablespoons flour
½ cup granulated sugar	1 teaspoon butter
½ oz. chocolate	½ teaspoon vanilla

Heat the milk to boiling point, mix the flour and sugar together, add it to the milk and beat well. Cook ten minutes under a very slow fire, then add the piece of chocolate and do not stir until it is melted, beat well, add the butter and vanilla, set to cool.

EGG BREAD PUDDING

Quart milk	½ cup sugar
2 eggs	3 slices bread

Break eggs into a bowl. Stir in sugar, beat with rotary egg-beater until stiff, then add the milk. Butter bread, place in pudding dish and pour over it the milk and sugar mixture. Place

an inverted saucer over the bread until partly cooked, then remove, brown and serve.

Note.—The pudding dish should be set in a pan of hot water while baking.

DELMONICO PUDDING

1 quart milk
5 eggs
3 tablespoons cornstarch
2-3 cup sugar
6 fresh peaches

Mix the cornstarch with sugar, add the beaten yolks, then add the milk and boil for about ten minutes, pour into well-greased baking dish, bake thirty minutes, remove and add the peaches which have been sliced and sweetened, then the well-beaten whites to which you have added two tablespoons of sugar; return to the oven to brown. Serve.

DIXIE PUDDING

Make two-inch squares of sponge cake and remove the seeds from green gage plums, leave

in halves, make very sweet and place on the square. Just before serving place squares of cake in dessert dish. Cover with whipped cream sweetened and flavored with vanilla.

Makes a very showy dish and very delicious when properly made.

PARIS PUDDING

1 lb. flour	1 yeast cake
1 lb. butter	8 eggs
1 tablespoon sugar	½ teaspoon salt
1 cup currants	½ cup chopped citron
½ cup Sultana raisins	

Take one-quarter of the flour and set a sponge with the yeast and a little warm water, and set to raise; make a hole in the balance of the flour, add the butter, three eggs unbeaten, sugar, salt. Beat all together well, then add five more eggs, one at a time, beating each in well. When the paste leaves the bowl it is beaten enough and not before, then add sponge and currants, citron and raisins.

Put in large deep upright mold, such as Charlotte Russe mold, let rise to twice its size and bake in moderate oven.

This will keep fresh several days.

FIG PUDDING

½ lbs. figs
1 pt. dry bread crumbs
2 tablespoons butter
2 eggs
1 cup milk
¾ cup powdered sugar

Chop figs fine and add gradually the other ingredients; sugar, eggs, unwhipped, milk and butter.

Butter and sprinkle a mold with bread crumbs, fill with the pudding, leaving room for swelling, cover closely and boil for three hours.

Serve with lemon or wine sauce.

INDIAN PUDDING

1 quart sweet milk
1 tablespoon butter
1 cup yellow meal
1 tablespoon milk
4 well beaten eggs
½ lb. raisins
1 cup sugar

Scald milk and stir in meal while boiling, let stand until blood warm, add other ingredients and stir well together. Bake one and one half hours, and serve with cream sauce.

CARROT PUDDING

1 lb. grated carrots	¼ lb. butter
½ lb. raisins	½ lb. currants
¾ cup sugar	1 cup flour

Spices to taste

Mix all together, a well-greased mold and steam for four hours.

Serve with lemon sauce.

CITRON PUDDING

Sift two tablespoons flour and mix with beaten yolks of six eggs, add gradually one pint sweet cream, a quarter pound citron cut in small strips, two tablespoons sugar, mix thoroughly,

pour batter into buttered dish and bake twenty-five minutes.

Serve with egg or queen sauce.

DANISH PUDDING

2 qts. tart apples
1½ cup sugar
3 tablespoons butter
¼ lb. almonds (shelled)
1½ cups bread crumbs
½ cup water
1 qt. of blackberries or 1 glass of blackberry jam, any fruit may be used instead

Cook the apples with half cup water till tender; stir in two tablespoons butter and half cup sugar, mixing and mashing thoroughly. Put this as the bottom layer in dish in which the pudding is to be served.

Melt the remaining tablespoon of butter, and add the bread crumbs, one cup sugar and the almonds, blanched and finely chopped; stir constantly for about ten minutes or until well mixed, place this while hot as the second layer

in the dish, then the blackberries or jam; use the berries when in season.

Bake half hour and serve with whipped cream or any sauce desired.

Will fill a two-quart dish and serve from ten to twelve persons.

BIRD'S NEST PUDDING

1 quart milk
1 cup sugar
4 eggs
¼ teaspoon nutmeg
6 medium sized tart apples

Pare and core the apples, place them in pudding dish, beat the yolks light, add the milk, then add the sugar and nutmeg, pour over the apples and bake. When done beat the whites stiff with a tablespoon of sugar to each white, crown each nest or apple with a spoonful of meringue, brown slightly and serve hot or cold.

MINNEHAHA PUDDING

6 apples
½ cup sugar
Cinnamon
3 eggs
1 pint milk
½ cup walnut meats

Peel, core and boil six large apples until soft enough to put through colander; sweeten to taste, add a little powdered cinnamon, put in deep dish and when cold make a custard of one pint milk added to the yolks of three eggs well beaten, two tablespoons sugar, pour over the apple sauce and bake for half hour. Whip and sweeten the white, spread over the top, sprinkle with chopped walnut meats, brown the meringue and serve hot.

PEANUT BUTTER PUDDING

Soften a cupful of cold boiled hominy or farina by adding a few spoonfuls of hot milk and steaming it in the cereal cooker. When scalding hot, beat into it two rounded tablespoonfuls of brown sugar, two heaping tablespoonfuls of (Beech-Nut) peanut butter, half a cupful of seeded and chopped raisins and the grated rind of half a lemon. Beat one egg with half a cupful of cold rich milk and stir quickly into the hot hominy mixture. Pour into a but-

tered pudding dish and bake until the top is brown and the pudding "set." Serve hot with the molasses sauce given for previous recipe, with grated maple sugar and cream, or with a hard sauce made by creaming until perfectly smooth a tablespoonful of peanut butter with three tablespoonfuls of pounded and sifted maple sugar, flavoring with nutmeg or a little sherry.

APPLE PUDDINGS

As this is a standard dish we give a number of the most excellent recipes from which housekeepers can make selections according to taste or the material or time at command. The first is a very quick and easily made dish.

BROWN BETTY

4 large greenings
2 tablespoons butter
4 tablespoons sugar
Cinnamon
2 cups bread crumbs, (not too fine)

Line a baking dish with the apples cut in dice, then add bread in small pieces, sprinkle with cinnamon and sugar, add apples, bread and sugar until all are used up, then dot with the butter and bake until brown and serve hot with cold sweetened cream or butter and sugar sauce.

SWEDISH APPLE PUDDING

Line a pudding dish with bread crumbs, then a layer of chopped apples, a little sugar, then bread, next raisins, then a layer of desiccated cocoanut, then crumbs and so on until dish is full with crumbs on top.

Mix the juice of one lemon with two tablespoons of butter and spread on top.

Bake half an hour and serve with any sauce desired.

BATTER APPLE PUDDING

6 apples
2 cups milk
1 teaspoon salt
4 eggs
1 cup sugar
2 teaspoons baking powder

Peel and core apples and place neatly in buttered dish in which to be served. Fill core cavities with sugar. Make a batter of four well-beaten eggs, two cups rich milk, two cups flour, one teaspoon salt, two teaspoons baking powder. Beat until very light, pour over apples and bake half an hour, serve hot with any sauce desired.

APPLES IN FLAME

Peel and core number of apples desired. Sprinkle with sugar and bake until tender, but firm enough to hold thier shape. Before serving, fill the centers with apricot juice or some fruit jelly and baste with the juice of the apples. Pour over a few spoonfuls of brandy and light with a taper after it is on the table.

Serve with cake.

Note.—The apple can be baked in uncovered casserole dish and served in same.

FROSTED APPLE

Peel and core a nice tart apple, fill the center with sugar or jelly. Add a little water, cover the dish and bake until tender, then cover the apple with a stiffly-beaten egg white which has been sweetened, dust with powdered sugar and brown.

Serve hot.

WHOLE WHEAT RAISIN PUDDING

1 cup of sour milk
1 cup of seeded raisins
1 teaspoon of cinnamon
2 tablespoons molasses
½ teaspoon of soda
1 teaspoon of salt
2 cups whole wheat flour

Sift flour and salt together. Add sour milk to molasses, then the soda and cinnamon to the sour milk and molasses, mix well. To this add the flour, beat thoroughly, then add the raisins which have been rolled in flour. Turn in greased mold or tin can and stand in pot of water. Cover the pot and boil from two and a half to three hours.

This can be served either hot or cold with any kind of fruit sauce.

RICE PUDDING

1 quart milk
3 tablespoons of rice
A bit of grated nutmeg
1 tablespoon of seeded raisins
1 tablespoon of sugar

Wash rice thoroughly and add to the milk, then add sugar, raisins and nutmeg and bake an hour or more in a slow oven, stirring every fifteen minutes to prevent it browning until thoroughly cooked. When tender or well done, allow to brown nicely and serve.

PEACH AND RICE DUMPLINGS

1 cup of rice
6 peaches

Wash and cleanse the rice thoroughly. Place in a large kettle of boiling water and boil hard fifteen or twenty minutes and drain. Have peaches peeled and stones removed. Fill the cavity with rice and cover with the other half of peach. Have six squares of clean cheese-

cloth ready and cover with rice about one half inch thick about the size of a saucer or large enough to cover the peach. Gather up the sides and ends of cloth and tie firm.

When all have been made, place in a kettle of boiling water and cook twelve or fifteen minutes, then remove the cloths and serve on a small platter with peach sauce. This makes a beautiful and delicious dish.

APPLE TAPIOCA

1 cup of tapioca
¾ cup of sugar
2 teaspoons vanilla
4 apples

Cover the tapioca with hot water and soak an hour or more. Peel and core the apples. Place in a baking dish. Add sugar and vanilla to tapioca and pour over apples. Bake in a moderate oven for an hour.

GRAPE TAPIOCA

1 cup tapioca
½ teaspoon salt
½ cup sugar
2 egg whites
2 cups Welch's Grape Juice
1½ cups boiling water

Heat the water and grape juice in a double boiler; stir in the tapioca and cook forty or fifty minutes, stirring occasionally; add the sugar and salt, fold in the stiffly-beaten egg whites, cover and let cook about two minutes.

Serve hot with cream and sugar.

DELICIOUS CHARLOTTE

3 cups milk or cream
5 tablespoons grated chocolate
4 oz. sweet almonds
1 oz. citron
6 eggs
5 tablespoons gran. sugar
1 doz. bitter almonds
1 cup powdered sugar
1 large sponge cake
2 tablespoons arrowroot or cornstarch

Boil the milk and stir in gradually the yolks of the eggs beaten with the arrowroot or cornstarch, stirring constantly until perfectly smooth. Then divide mixture by turning into another saucepan; to one half, add the chocolate and granulated sugar, let simmer a few minutes, remove and set away to cool.

Blanch the sweet and bitter almonds and pound in mortar with enough rosewater to make a smooth paste, and add the finely chopped citron, the powdered sugar; stir all together, add to the other half of cream mixture, let simmer and set aside to cool.

Cut a large sponge cake in slices crosswise, half an inch thick, spread one slice thickly with the chocolate cream, putting another slice on top of this and cover with the almond cream; do this alternately, until all ingredients are used, arranging in form of cake before it was cut.

Whip the whites to a stiff froth, sweeten, and heap over the top and sides.

BLANC-MANGE

1 pint milk
3 eggs
2 heaping tablespoons flour
1 cup sugar
Pinch of salt and flavoring

Heat the milk to boiling point. Mix the sugar and flour together and turn it into the boiling milk, beating constantly with a wire egg-beater until well mixed, cook ten minutes, whip the yolks very light, add them to the custard, whip again and cook only five minutes longer, remove from the fire, add flavoring, and pour into small molds. When cool, serve with any sauce desired.

CHOCOLATE BLANC-MANGE

Make the same as Blanc-Mange, only adding a tablespoon grated chocolate.

The whites of the eggs can be used to decorate or saved for a dessert the following day.

MACAROON BASKET

1 large cup white sugar
Macaroons to fill mold
Whipped cream to fill mold
1 tablespoon gum arabic

Dissolve the gum arabic thoroughly in half cup boiling water; then stir in the sugar, boil

gently until very thick. Set it while using in a pan of boiling water to keep hot.

Use a round tin pail or mold, butter bottom and sides, dip only the edges of each macaroon in the hot syrup and lay them in close rows on the bottom until it is covered. Have perfectly dry and be sure they adhere to one another before beginning the lower row of the sides. Build up the wall, one row at a time, letting each harden before adding another. When the basket is finished and firm, lift carefully from the mold, make a loop-handle at each end with four or five macaroons, stick together, set on a flat dish and fill with flavored and sweetened whipped cream.

Ornament with bits of red jelly. This makes a beautiful and delicious dish.

MOONSHINE

1 cup powdered sugar
Whites of 6 eggs
½ cup grated peaches, or any fruit
½ pt. cream

Whip the eggs to a very stiff froth, then gradually beat in the sugar, then the grated fruit, one tablespoonful at a time. When serving, place either plain or whipped cream in the dish and on the cream a liberal portion of the Moonshine.

This is a very pretty dessert and is a splendid substitute for ice cream.

NUT TRIFLE

2 oz. citron
Sponge cake
½ pt. cream
1 qt. boiled custard
½ cup chopped nuts

Cut the sponge cake into squares and place in the bottom of a glass dish, cut the citron in thin slices, sprinkle over the cake, soak with rich milk or cream, then cover with the following custard:

1 quart milk
½ cup sugar
Vanilla
3 eggs
1 tablespoon flour
Pinch salt

Heat the milk, mix flour and sugar together, add to the boiling milk, cook ten minutes, add the well-beaten yolks and flavoring. Pour over the cake, then cover with the beaten and sweetened whites decorated with the chopped nut meats.

COTTAGE PUDDING

1-3 cup butter
1 cup sugar
2 egg yolks
½ cup milk
1¾ cups flour
2½ level teaspoons Rumford Baking Powder
2 egg whites

Cream the butter, beat in the sugar, egg yolks beaten light, the milk, flour sifted with the baking powder and whites beaten dry. Bake in a pan about 10 x 6 inches nearly half an hour.

Serve hot with creamy sauce.

CREAMY SAUCE MADE AS FOLLOWS:

1 cup sugar
1-3 cup boiling water
1 egg white
1 cup whipped cream
1 teaspoon vanilla

Boil the sugar and water until when tested in cold water a soft ball of candy may be gathered in the water. Pour in a fine stream on the white of egg beaten very light, then fold in the cream and vanilla. Thin cream, unbeaten, may be used in place of the whipped cream.

SWISS PUDDING

1 teaspoon baking powder
1 cup granulated sugar
2 tablespoons butter
1 teaspoon vanilla
2 cups flour
1 small teaspoon salt
1 egg
¼ teaspoon nutmeg

Sift the flour, baking powder and salt together.

Cream the sugar and butter. Mix all together, make a wall in the mixture and add one egg, unbeaten, teaspoon lemon extract and just enough milk to make a soft batter like cake.

Pour at once into a greased mold and boil for one hour.

Serve hot with cream sauce.

ALMOND PUDDING

3 eggs	4 oz. bitter almonds
2 oz. sweet almonds	3 tablespoons sugar
2 cups milk	1 tablespoon flour
A little nutmeg	1 tablespoon bread crumbs

Blanch the almonds and pound with a little rosewater, add the milk, mix the flour and sugar together, add the other ingredients in rotation given; pour into a buttered mold, cover and boil quickly three-quarters of an hour, let stand for a few minutes before turning out of mold.

Serve with apricot sauce.

PEANUT BUTTER STUFFING FOR APPLES

Wash, dry, then peel half way down Baldwin apples of uniform size, leaving the rest of the peel to form a cup. Core, and fill the cavity with a stuffing made of two tablespoonfuls of light brown sugar, two tablespoonfuls of (Beechnut) peanut butter, and two table-

spoonfuls of seeded and chopped raisins or currants, and a little grated lemon rind. This quantity is sufficient for six apples. Put apples in casserole, turn in a few spoonfuls of boiling water, cover and bake for ten minutes, then uncover, baste with the apple juice and continue baking until the apples are soft but not broken. Five minutes before removing from oven sprinkle tops scantily with pulverized roasted peanuts mixed with a little brown sugar. Serve cold with cream.

HONEY NUT

To one part of strained honey add two parts of grated nuts, mix thoroughly. Cover with whipped cream and stiffly-beaten white of egg. Serve with whole wheat cracker.

CHOCOLATE DAINTIES

Mix thoroughly half cup of pecan nuts, half cup of pignolia or pine nuts, two-thirds cup of chopped figs, and one-third cup of stoned dates.

Chop or grind all together. Add one tablespoon of orange juice, a small bit of grated orange peel and one square of melted chocolate (unsweetened).

Toss on a board sprinkled with grated nuts and roll or cut in any shape desired.

HARD SAUCE

Cream two tablespoons butter and four tablespoons of sugar. Beat thoroughly (eight or ten minutes). Flavor with vanilla and nutmeg, fruit juice or any extract.

NOTE.—This is a very spicy and tasty dressing to use over bananas, berries or any crushed fruit.

DATE AND APPLE SAUCE

Grate two or three tart apples, take an equal quantity of dates, remove the stones and mash or prepare same as Date Butter. Add to the dates half cake of cream cheese, then, with a fork whip in the grated apples.

Serve with whipped cream or whipped egg whites.

BRANDY SAUCE FOR FRUITS, JELLIES, ETC.

To half cup of creamed butter add one cup of sugar, beating constantly, then whip in one stiffly-beaten yolk of egg. Add slowly six tablespoons hot water, stirring constantly, and last stir in one tablespoon of brandy.

Just before serving add the stiffly-beaten white of one egg.

CHOCOLATE SAUCE

2 oz. cooking chocolate
1 cup milk
1 cup powdered sugar
½ teaspoon vanilla

Make in double boiler. First melt the chocolate, then stir in the sugar and when all mixed add the milk gradually and cook from twenty to thirty minutes.

Serve hot or cold.

QUEEN SAUCE

Boil one pint water and a scant three gills sugar half an hour, when cool add one gill of orange and one-half gill of lemon juice.

CREOLE SAUCE

Beat to a cream three tablespoons butter, one cup granulated sugar and add one-half cup cream. Stir in one egg, without beating, gently through the mixture and place over hot water.

When hot flavor with lemon, orange or vanilla and serve.

DIP SAUCE

One pint cream or half milk, three tablespoons sugar, and half small nutmeg. Bring to a boil and serve.

PRAIRIE SAUCE

Use two-thirds pint water, add one tablespoon butter, the whipped whites of an egg,

just before serving, one-half cup sugar, one teaspoon flour, flavor to taste.

Boil the water, add the butter, mix sugar and flour, stir in, beat well, beat the white and add as soon as you remove from fire.

Can be flavored with red wine.

CHERRY SAUCE

Stone one pint cherries, crack stones, take out kernels and pound in mortar to smooth paste; put tablespoon each of butter and flour in saucepan and stir over a slow fire until a delicate brown, then add cherries to the pounded kernels and juice of one orange, one pint water. Simmer gently fifteen minutes or until cherries are cooked and rub the whole through a puree sieve; add a little grated lemon, powdered sugar and cloves to taste, bring to boiling point and add two tablespoons lemon juice, then serve.

CHEESE SAUCE

1 oz. (or ¼ cup) of grated cheese
2 tablespoons of flour
Salt and pepper
1 cup of milk

Bring milk to a boil and thicken by dissolving the flour in either milk or water. Just before serving add the cheese, stirring constantly until melted.

This sauce can be used over different things, as creamed eggs, toast, etc

CREAM SAUCE FOR PUDDINGS

1 teaspoon butter
3 teaspoons milk
3 teaspoons powdered sugar
½ teaspoon vanilla

Cream together butter and sugar and gradually add milk while stirring, then add flavoring slowly and stir until the whole is smooth and creamy.

Brown sugar can be used in place of white if desired, which makes a caramel sauce.

LEMON SAUCE

6 teaspoons sugar
½ cup boiling water
2 teaspoons lemon juice
1 teaspoon butter
1 teaspoon cornstarch
½ teaspoon salt

Mix sugar and butter and add the boiling water slowly. Bring to a boil. Thicken with cornstarch moistened with a little water. Boil again. Remove from fire and add salt and lemon juice.

ARROWROOT SAUCE

Mix two tablespoons arrowroot smoothly with one-half pint water; put in saucepan, add three tablespoons sugar, juice of one lemon, one-quarter teaspoon nutmeg.

Boil and serve.

APRICOT SAUCE

Put one cup cream or milk in custard kettle; when hot add one tablespoon flour mixed with two tablespoons of water.

Beat well and cook ten minutes.

Boil one cup sugar and one cup water for fifteen minutes; to this add one-half cup apricot pulp (fresh fruit rubbed through a sieve), beat well and mix with the boiled custard.

Beat well while cooling.

WHIPPED CREAM

Thick sweet cream, whipped until stiff, slightly sweetened with powdered sugar makes a delicious dressing for salads, fruits and jellies. It is especially recommended for winter use. As an element of nutrition cream is very superior, easily digested and contributes to the body a large amount of heat.

WHIP CREAM SUBSTITUTE

Dissolve one teaspoon of powdered gelatine in two tablespoons boiling water. Whip until frothy, then add six tablespoons ice cold rich cream, one tablespoon sugar and flavor to taste.

CREAMS AND CUSTARDS

When making creams and custards, eggs should never be beaten in tin, but always in stone or earthenware, as there is some chemical substance about tin which prevents their attaining that creamy lightness so desirable. Beat the eggs quickly, white and yolks separately. When gelatine is used for cream, it is much better to soak it for an hour or two in a little cold water, set in a warm place or over a kettle of boiling water; when dissolved, pour into the hot custard, etc., just after removing from stove.

For boiled custards or pudding, the yolks alone may be used as the whites do not add to the delicacy. The whites can be used for another kind of dessert the following day as they keep perfectly in the ice box.

Always boil milk in a custard kettle (double boiler) or in a pan set in a kettle of boiling

water; when milk reaches the boiling point, but be sure it is about to boil, add sugar and flour mixed together, and allow custards to cook as they will be much lighter and more delicate if mixed with flour instead of cornstarch. After it cooks about ten minutes add the yolks well beaten and there will be little or no trouble with curdling. Add flavoring extracts after removing from the stove.

Peach leaves or vanilla beans, give a fine flavor, but must be boiled in the milk and taken out before other ingredients are added.

The only spices used in flavoring custards are nutmeg and cinnamon. Lemon is liked by many, but the white part of the lemon rind is exceedingly bitter and the outer peel only should be used for grating. A better way is to rub the rind off with hard lumps of sugar. The sugar thus saturated is called "zest," and is used, pounded fine, for creams. Boiled custards are not so difficult to make, but should have closest attention until finished.

In making Charlotte Russe, it is not necessary to add gelatine. The filling may be made of whipped cream, flavored and sweetened to taste.

When other ingredients are to be combined with whipped cream for filling, leave the cream on ice until all are ready, then turn cream into the mixture, whip through gently, let stand a few minutes and whip again, keeping it on ice until it begins to thicken, when it should be turned into a plain mold previously lined with cake, which should also be kept on ice until ready to serve. Any deep pan will do if you haven't a regular mold and it should be lined with clean Manilla paper. If sponge cake is used, cut in sheets to fit bottom and sides smoothly. When lady fingers are used the ingenuity of the cook may be brought into play in their arrangement, placing them diagonally around the sides, forming a star or rosette in the bottom, cutting into any desired shape or design.

To make cake lining retain its place firmly, brush edges wherever cake or lady-fingers join with a little of the hot syrup or with the white of an egg, or a little gum arabic dissolved in water, putting on so little that none adheres to the mold. Great care must be used in turning out, or the cream filling may burst the cake. Cream intended for whipping should be chilled on ice, and may be sweetened and flavored before or after whipping. Be careful not to whip too long or particles of butter will form. When cream is difficult to whip add to it and whip with it the white of an egg.

When creams and custards through lack of attention have been cooked too long or become curdled, beating thoroughly with an egg-beater and pouring through a fine custard strainer will often remove the unpleasant effect.

Molds should always be wet in cold water before creams, russes, blanc-manges, etc., are placed in them to be cooled.

APPLE NUT CREAM

Peel and grate two or three sweet apples, add to this quarter pound grated nuts, a few chopped raisins. Mix well and just before serving whip in one or two stiffly-beaten egg whites in which a little cream has been whipped.

BANANA CREAM

Reduce to a very fine pulp two or three very ripe bananas. Add a few drops of lemon juice and sweeten to taste. Just before serving add the stiffly-beaten white of an egg. Serve in punch cups or small stem glasses with a candied cherry and a dash of grated nuts.

PEACH FOAM

To two or three heaping tablespoons mashed peaches add two stiffly-beaten egg whites and sweeten to taste. Add a few seedless raisins and serve with cream. Any crushed fruit can be used instead of peaches.

RASPBERRY CREAM

Whip two ounces fresh butter to a cream, whipping in half cup powdered sugar. Add a handful of crushed raspberries slowly, whipping continually until the whole is light and frothy. If it should slightly curdle add more powdered sugar and place on ice.

NOTE.—Any berries may be used in the same way. Raspberry cream is delicious served over fruits and jellies.

BLACKBERRY CREAM

Thoroughly mascerate and put through a sieve one pint very ripe blackberries, sweeten to taste. Just before serving add to this two stiffly-beaten egg whites, a little whipped cream or both.

ALMOND CUSTARD

1 pt. milk — 4 eggs
½ cup sugar — ½ lb. almonds
4 tablespoons rosewater

Heat the milk to boiling point. Beat the egg yolks very light. After the almonds are blanched make a paste by pounding them in a mortar with the rosewater. Add the sugar to the almond paste, turn this into the scalding milk and beat well. When boiling, beat in the yolks, stir until it starts to thicken, then turn into molds and serve with the whites of eggs beaten, sweetened and flavored.

CARAMEL CUSTARD

1 quart milk	4 eggs
1 cup sugar (small)	Flavor

Separate yolks from white, beat the yolks very light and add the sugar, then the well-beaten whites and mix with the milk. Flavor and pour into molds which have been covered with the following caramel:

Put half a cup sugar in a saucepan and place over the fire, stirring constantly until it melts, pour into unbuttered molds and tilt the molds in

order to cover the sides with the caramel; now fill in the custard, set the molds in a baking pan half filled with hot water and let them bake for about twenty minutes in a moderate oven. Care must be taken not to overcook.

GRAPE JUICE CUSTARD—BOILED

3 cups milk
1 egg
1 cup sugar
2 tablespoons flour
1 cup Welch's Grape Juice

Heat the milk to boiling point. Mix flour together and turn into boiling milk. Cook ten minutes and add the well-beaten egg.

Remove from fire and add the grape juice, set to cool and serve with a plain butter sauce, as follows:

1 cup water
1 teaspoon flour
½ cup sugar
1 teaspoon butter
Nutmeg or cinnamon

Boil the water, add the sugar and flour mixed

together, then the butter and spices; serve hot or cold.

COCOANUT CREAM CUSTARD

2 cups of milk
2 tablespoons powdered sugar
2 eggs
½ cup of flour
¼ cup of sugar
2 tablespoons of fresh cocoanut, grated

To one and a half cups of milk add cocoanut and allow to simmer for fifteen or twenty minutes. Thicken the remainder of milk with the flour, add to the cocoanut, cook all in double boiler twenty-five or thirty minutes. Now add the whipped yolks and sugar to the cocoanut, stirring constantly, and continue to cook in double boiler until thick. Cool slightly and pour in baked crust. Bake until thick, then cover with meringue made of egg whites and powdered sugar.

Brown and serve.

SWEET POTATO CUSTARD

½ cup of sugar
1 cup of mashed sweet potatoes
2 tablespoons of butter
1 egg
1 cup of milk
Grated nutmeg

Cream butter and sugar; add milk, mashed potato, nutmeg, and last the stiffly-beaten egg.

Bake in an undercrust until firm.

ICE CREAM, SHERBETS AND ICES

Ice cream is an excellent article of food when taken in combination with other things with which it is chemically harmonious. It is not a good food taken at the close of a ten course dinner or after one has eaten an abundance of other things.

Ice cream made as per the following recipes contains the best forms of preteins, fats, carbohydrates and several other valuable nutritive elements. It is therefore almost a complete meal taken alone.

In order to enjoy ice cream and secure the best results it should be eaten after one vegetable, preferably green corn, peas, beans, sweet potatoes or carrots.

If a light meal is desired the vegetables can be omitted and the entire repast may consist

of ice cream and very ripe bananas. Taken in this way, once or twice a week, ice cream will give splendid results both as to digestion and physical energy.

ICE CREAM

Whip one quart of heavy cream, add one pint of milk and sweeten to taste, stirring until sugar is thoroughly dissolved. Pour this into the freezer, well packed with ice and salt, adding a pint of sweetened crushed fruit last, in order to prevent curdling. Larger or smaller quantities can be made in same proportions.

If fresh fruit cannot be obtained, evaporated apricots or peaches, soaked until very soft and put through a colander, can be used.

If plain ice cream is desired fruit can be omitted and flavoring extract used instead.

Great care should be exercised in the purity of flavoring, as many extracts are made from chemical compounds wholly unfit for use.

EGG ICE CREAM

Beat thoroughly two whole eggs. Whip into this one pint of heavy cream. Sweeten to taste, whipping continually. When sugar is thoroughly dissolved add one quart of milk and freeze.

FRESH STRAWBERRY ICE CREAM

2 eggs
1 pint of cream
1 box of strawberries
2 quarts of milk
3 cups of sugar
1 tablespoon of flour

Crush the fruit, add one cup of granulated sugar and let stand until sugar is dissolved.

Place the milk in a steamer and heat to the boiling point. Mix the flour with the remaining two cups of sugar and beat it into the boiling milk. Separate the eggs and after the custard has cooked ten minutes add the well-beaten yolks and cook ten minutes longer.

Remove and add the well-beaten whites. Set to cool, then add the cream and crushed fruit and freeze.

MAPLE ICE CREAM

Add a cupful of pure maple syrup to one pint of very heavy cream. Whip with a Dover egg-beater until the whole is very thick. Then add two cups of milk and freeze same as ice cream.

NOTE.—Two lightly-beaten egg whites and one-half cup of chopped nuts will make this very nourishing, rich and delicious.

PHILADELPHIA ICE CREAM

Dissolve one tablespoon of powdered gelatine in half a cup of boiling water. Add to this three cups of heavy cream, one cup of milk, one cup of sugar, one tablespoon of vanilla extract. Mix thoroughly and freeze without cooking.

This will serve eight or ten people.

FROZEN CUSTARD

1 quart rich milk	1 pt. cream
2 cups granulated sugar	3 eggs
2 tablespoons flour	1 teaspoon vanilla

Heat the milk to boiling point. Mix the sugar

and flour well together and beat it into the boiling milk, cook fifteen minutes, then add the well-beaten yolks and cook ten minutes longer.

Beat the whites of eggs very stiff and add them to the custard as soon as you remove it from fire.

Now let the custard cool, then add the cream, whipped, and the vanilla, freeze the same as ice cream.

CUSTARD ICE CREAM

1 quart milk
3 eggs
1 teaspoon Knox Sparkling Gelatine
Few grains salt
1 cup sugar (scant measure)
1 teaspoon vanilla

Soak gelatine in two tablespoonfuls of milk. Make a custard of the milk, yolks of eggs, sugar and salt, and dissolve the gelatine in the hot custard. Strain, and when cold add flavoring and freeze to a mush. Add whites of eggs, beaten until stiff, and continue the freezing.

VANILLA PHILADELPHIA ICE CREAM

½ cup cold milk
1 quart scalded milk
1 quart cream
Few grains salt
½ envelope Knox Sparkling Gelatine
2 cups sugar
2 tablespoons vanilla

Soak gelatine in cold milk five minutes and dissolve in scalded milk. Add sugar, and when sugar is dissolved strain mixture into cream and add flavoring. Freeze, using three parts finely crushed ice to one part rock salt. Serve with maple sauce and chopped pecan nut meats. If part of the cream is whipped and added when partly frozen it will improve it.

MAPLE MOUSSE

To one pint extra heavy cream add three fourths cup of maple syrup. Whip until thick, then add one cup chopped nuts. Put in mold and pack in ice and salt. Let stand two or three hours, then serve.

CHOCOLATE MOUSSE

¼ cup cold water
½ cup boiling water
1 cup sugar
1 teaspoon vanilla
½ envelope Knox Sparkling Gelatine
2 squares unsweetened chocolate
2½ cups heavy cream

Soak gelatine in cold water five minutes. Melt chocolate in boiling water and add soaked gelatine; then add sugar and vanilla. Cool and add cream beaten stiff. Fill a chilled mold with mixture, having mixture overflow mold, adjust cover, pack in rock salt and finely crushed ice, using equal parts, and let stand four hours.

PINEAPPLE SHERBET

To the juice of four lemons and one cup of fresh grated pineapple add water enough to make two quarts. Sweeten to taste and freeze. When about half frozen add two stiffly-beaten whites of eggs.

Freeze same as ice cream.

RASPBERRY ICE

To three cups of fresh raspberry juice add two cups of sugar, the juice of two lemons and four cups of water. Stir until the sugar is thoroughly dissolved. Allow to stand about an hour, then freeze same as ice cream.

NOTE.—This can be made very delicious by adding half a pint of whipped cream when about half frozen.

STRAWBERRY SHERBET

Cleanse thoroughly one quart of strawberries and put through a sieve. Add the juice of one lemon and one and one-half pints of water. Sweeten to taste. Freeze same as ice cream. When about half frozen add two stiffly-beaten egg whites.

STRAWBERRY ICE

To three pints of crushed berries add about one pound of powdered sugar (or sweeten to

taste). Allow to stand twenty or thirty minutes, then add three pints of water and freeze.

If desired the fruit can be put through a fine sieve, removing the seeds before freezing.

GRAPE SHERBET

3 grapefruits
4 oranges
2 cups sugar
1 cup of water
2½ cups of Welch's Grape Juice
1 tablespoon crystalized ginger

Halve the grapefruits and remove the centers. To the juice of the grapefruit add the juice of the oranges, the water, the grape juice, sugar and ginger chopped.

Mix thoroughly and freeze until firm. Serve in the grapefruit shells and garnish with Maraschino cherries.

GRAPE JUICE SHERBET

2 lemons — 1 orange
1 lb. sugar — Whites of 2 eggs
1 quart Welch's Grape Juice

Boil the grape juice and add the sugar. When it is dissolved add the strained lemon and orange juice and freeze. When partly frozen open freezer and fold in the two whites of eggs which have been whipped to a stiff froth. Close freezer and continue until very stiff.

Delicious!

PEACH SHERBET

Add about one pound of sugar to one quart of very ripe peaches and mash through a colander. Add to this a cupful of water and five unbeaten egg whites. Freeze.

Plums, fresh or evaporated apricots, or any combination of fruits desired can be used instead of peaches.

GRAPE JUICE CUSTARD FROZEN

1 quart milk
3 eggs
1½ cups sugar
1 tablespoon flour (heaping)
2 cups Welch's Grape Juice

Heat the milk to boiling point. Mix the sugar with the flour and turn into the boiling milk. Mix well with wire egg-beater and cook ten minutes. Separate the egg, beat the yolks, add them to the custard and cook five minutes longer.

Beat the whites very stiff and add them to the custard as soon as it is removed from fire.

When cold add the grape juice and freeze.

VIOLET ICE CREAM

Whip stiff two cupfuls of cream and put it to one side. Heat to scalding in a double boiler one cupful of milk, one cupful of cream and any of the cream which may have dripped away at the time of the whipping, with one cupful of

granulated sugar. Set this in a cold place; when chilled put into a freezer, and as soon as it is half frozen, add the whipped cream and one cupful of Welch's grape juice. Continue the turning of the freezer until the cream is so stiff that the dasher will not move; then pack the cream and let it stand two hours before serving. This dish is very pretty if served in small glasses and decorated with candied violets.

GRAPE SORBET

1 cup of water ½ cup of sugar
1 pint of Welch's Grape Juice

Freeze and serve.

GRAPE ICE

Sweeten and freeze grape juice, Welch's preferred. Serve as any other ice.

STRAWBERRY FOAM

Cleanse thoroughly and mash one pint of sweet strawberries, add five or six tablespoons powdered sugar, or sweeten to taste. Just before serving whip in two stiffly-beaten egg whites, whipping constantly until it will keep its shape and stand above the rim of the glass or small cups in which it is served.

This is very delicious if properly mixed.

LEMON ICE

1 tablespoon cold water
4 cups boiling water
2 cups sugar
¾ cup lemon juice
1 teaspoon Knox Sparkling Gelatine

Soak gelatine in cold water five minutes. Make a syrup by boiling water and sugar twenty minutes, and add dissolved gelatine and lemon juice; cool, strain and freeze.

GRAPE JUICE SHERBET

½ cup cold water
1½ cups boiling water
1 cup sugar
1-3 cup orange juice
½ envelope Knox Sparkling Gelatine
1 pint Welch's Grape Juice
4 tablespoons lemon juice

Soak gelatine in cold water five minutes. Make a syrup by boiling sugar and hot water ten minutes, and add soaked gelatine. Cool slightly and add fruit juices; then freeze. Serve in sherbet glasses and garnish with candied violets or fruit if desired.

FRUIT SHERBET

(Economical)

1½ cups sugar
1 orange
1 lemon
3 cups rich milk
½ envelope Knox Sparkling Gelatine (scant)

Grate the outside of both orange and lemon. Squeeze out the juice and add to this the sugar. Soak the gelatine in part of a cup of milk (for five minutes, and dissolve by standing in pan of

hot water. Stir into the rest of the milk. When it begins to freeze add the fruit juice and sugar, and fruit of any kind if desired. This makes a large allowance for five persons.

FRUIT SURPRISE

Boil three cupfuls of water for ten minutes with the peel of half a lemon and of half an orange; take these out and turn in two and a half cupfuls of sugar; bring to a boil and cook for five minutes. Set aside to cool, add the juice of two lemons and of one large orange, one cupful of shredded pineapple and one cupful of Welch's; stir in the unbeaten whites of four eggs; freeze.

RULES FOR MAKING CAKE

In making cake accurate measurements are absolutely necessary. Strict attention should be given to every detail.

Eggs must be perfectly fresh.

Have everything ready before beginning to mix the cake.

Do not beat the butter, sugar and eggs in a tin basin, as it discolors the materials. Use a wooden spoon and an earthen bowl.

Measure everything before beginning.

Always separate the whites and yolks of the eggs unless the recipe directs differently.

Beat the butter to a cream before adding the sugar, then beat the sugar and butter very light before adding the eggs.

Sift the flour before measuring it.

If baking powder or cream of tartar is used sift it with the flour.

Grease the tin with lard or suet, as butter burns easily and sticks.

Dried currants and raisins must be perfectly clean and well floured and added to the cake at the last moment.

If fruit is to be used in layers, add it while the batter is being poured into the tin.

Add one-quarter of a teaspoon of salt to all cakes.

If the cake cracks as it rises, too much flour has been used. If it rises in a cone in the center, the oven is too hot.

Do not cover the cakes with paper; the paper burns and spoils the flavor of the cake.

Beating flour toughens it.

Beating eggs and butter makes them light.

When the whipped whites are added, do not stir, but turn or fold them in lightly.

When filling the pans the mixture should be higher on the sides than in the middle.

When using molasses omit baking powder and cream of tartar and use only soda.

One teaspoonful of cream of tartar and one-half teaspoonful of soda sifted together are equivalent to one teaspoon of baking powder.

The most difficult part of cake making is the baking. Unless the oven is the right temperature the cake will be a failure, it matters not how carefully the mixing has been done.

Fruit cake, butter cake or pound cake should be baked in a moderate oven, 220° Fahrenheit, while layer cakes should be baked more quickly, about 290° or 300° Fahrenheit.

Angel food cake should be baked in an oven about 212° Fahrenheit and the heat increased slowly for thirty or forty minutes.

The oven should be moderately hot at first so the cake can rise before browning. The heat should then be increased so it will brown evenly.

Do not jar the stove or open the door until the center of the cake is "set."

The oven should be regulated. If it is necessary to look at the cake, do it as quickly as possible and close the door carefully.

Be sure the cake is thoroughly done before taking it from the oven.

When the cake is done turn it gently on a sieve and allow it to cool.

Do not handle it while hot.

BAKING POWDER

Grain constitutes over one-third of our American food supply. About seventy per cent. of this amount is consumed as bread, muffins, cake or some other form in which leavening is used.

The purity and digestibility of leavened products is dependent to a large extent upon the hygienic quality of the leavening agent. For this reason throughout our recipes wherever a baking powder is called for we have recommended *Rumford's Baking Powder.*

All baking powders are alike in their action. They contain Sodium Bicarbonate and some other constituent which, in the presence of moisture, will react with it, resulting in the production of the leavening gas Carbon Dioxide, which ESCAPES, and a fixed residue which REMAINS.

Clearly it is up the nature of this fixed residue which is consumed with the food that the

desirability of a powder depends. Based upon these residues the Baking Powders in use may be divided into three groups:

1st—Those which leave a residue of Calcium and Sodium Phosphate.

2nd—Those which have a residue of Potassium—Sodium Tartrate, medicinally known as Rochelle Salt.

3rd—Those which leave as a residue an Aluminum Salt.

A brief study of these substances show that the Phosphates present in the first group are normal constituents of both plant and animal food. Morever animal life cannot exist without a constant supply of these mineral salts which play an essential part in all of the process of body nutrition.

On the other hand neither Rochelle Salt, present in the second, nor Aluminum Salt, present

in the third group, is a normal constituent of the human body. The former, though well known as a laxative salt, is injurious when taken continually in small quantities. The latter, in fact any Aluminum Salt, is exceedingly dangerous. It acts to retard or arrest digestion, has a very irritating effect upon the delicate lining of the digestive tract and moreover is known to have a most disastrous effect upon the nervous system.

Thus the Phosphate baking powders, or those of the first group, are the only ones which do not introduce abnormal materials into the body. For this reason and because of the peculiar value to the body of Calcium Phosphates, Prof. Horsford first suggested their manufacture into a form suitable for culinary purposes. Years of experimentation followed which resulted in the production of *Rumford Baking Powder*, an efficient leaven and a preparation not only free from injurious materials but contributing to the nutrition of the body.

TRUE VANILLA EXTRACT

4 vanilla beans 1 pint of alcohol
1 rounding tablespoon of sugar

Chop vanilla beans or cut up fine on glass plate, then place sugar and beans in mortar and pound thoroughly. Place in fruit jar or bottle, pour over alcohol and seal. Allow to stand ten or fifteen days in a warm place, shaking well once a day. Color with a little burnt sugar, then strain through a cotton cloth, bottle and cork tight.

Add another pint of alcohol to the vanilla beans and treat in the same manner, which will be just as good, although not quite as strong.

VANILLA SUGAR

3 vanilla beans ½ lb. of granulated sugar

Open the vanilla beans and remove the seeds. Place in mortar with the sugar and pound well, mixing thoroughly the sugar and the seeds.

Put in a bottle and cork up until ready for use.

The outside pieces of the beans may be used for extract as in above recipe.

LEMON OR ORANGE EXTRACT

Use number of lemons or oranges desired, grate off the thin rind, and to two tablespoons of the grated rind add one cup of good alcohol, then bottle and cork tight. Shake daily for about fifteen days and at the end of that time strain through a cloth and bottle. It is then ready for use.

CAKE AND CAKE ICINGS

CAKE

From all of our former work on dietetics we have omitted cake, pastries and heavy desserts for the obvious reason that experience has proved that many disorders of both digestion and assimilation can be traced to these things, but cake, like many other articles of food, can be made in such a way as to minimize its harmful effects.

For these reasons we are giving a few choice recipes for making cake in the best and least harmful manner.

The average dessert, especially cake, is harmful because it is usually eaten at the close of the meal, when one has eaten such an abundance of (carbohydrates) starches and sweets that the

cake gives not only an excess of these elements, but deranges the chemistry of the entire meal.

ONE EGG CAKE

½ cup of butter
1 egg
2 cups of flour
1 cup of milk
1 cup of sugar
1 teaspoon vanilla
3 level teaspoons Rumford baking powder

Cream butter and sugar. Add milk and egg. Sift baking powder with flour and fold in gently. Add extract and bake in a moderate oven.

TO DECORATE A CAKE

Beat the whites to a froth, then beat in the sugar instead of stirring, allowing about one cup of confectioners' sugar and one egg white, and continue to beat until it is firm enough. Put in a confectioners' tube into the end of a pastry bag, partially fill the bag with icing, twist the end lightly and press through into any shapes desired.

ROLLED JELLY CAKE

1 scant cup flour
2-3 cup granulated sugar
4 eggs well beaten, not separated
1 level teaspoon baking powder (Rumford preferred)
Pinch salt (no flavoring)

Beat the eggs, add the sugar gradually, beating all the time, then fold in the flour sifted two or three times with baking powder and salt. Then pour it into a large biscuit sheet about 11 x 17 inches and bake in a very quick oven about five minutes. While it is baking, wet a napkin or dish towel and as soon as it is baked, loosen it from the bottom and sides of the pan with a plate knife and turn out on the damp cloth, then spread with any stiff jelly and roll the cake, then roll the damp cloth around it, and allow it to stand that way for five minutes, sprinkle with powdered sugar and serve.

PEANUTS

Cook together for three minutes half a cupful

of molasses, two level tablespoonfuls of brown sugar, three heaping tablespoonfuls of Beech-Nut Peanut Butter. Let cool. Sift into a cupful of whole wheat flour a level teaspoonful of baking soda and a tiny pinch of salt. Reserve two spoonfuls of the flour, and mix the rest with cooled molasses. Add next without previous beating one egg and a half a cupful of stoned and coarsely chopped dates rolled in the reserved flour. The batter must be thick enough to keep its shape when dropped from a teaspoon on a larded tin, so more flour may be added if necessary. Put half a date on top of each little cake and bake from ten to fifteen minutes.

POTATO FLOUR CAKE

4 eggs
½ cup potato flour
1 teaspoon vanilla
1 cup sugar
1 level teaspoon Rumford baking powder

Separate yolks and whites, add sugar to the yolks and beat stiff with rotary egg beater, then

add stiffly-beaten whites and whip all together. To this add extract, then fold in gently the flour and powder which have been mixed and sifted two or three times. Bake in quick oven.

Any kind of icing or filling can be used, but whipped cream in thick layers makes it delicious.

WHOLE WHEAT FLOUR COCOA CAKE

2 cups whole wheat flour
2 tablespoons melted butter
1 cup milk
½ cup cocoa
1 teaspoon vanilla
4 level teaspoons Rumford baking powder
1 cup seeded raisins
¾ cup of sugar
2 eggs
1 cup white flour

Separate eggs, add sugar to the yolks and whip stiff, then add milk, then the white flour which has been mixed with the powder and sifted. To this add the butter and raisins, cocoa which has been sifted, then the flour, unsifted,

and last the stiffly-beaten egg whites and extract.

Bake in moderate oven about one hour.

WHITE MOUNTAIN CAKE

1½ cups powdered sugar	½ cup butter
Whites of 4 eggs	1 cup milk
2 cups flour	2 teaspoons baking powder
1 teaspoon of lemon or almond extract	Pinch salt

Cream the sugar and butter together, then add the whites of the eggs one at a time and beat well after adding each egg. Add the balance of ingredients in rotation given.

Bake about forty minutes in a moderate oven.

SILVER LAYER CAKE

1 cup granulated sugar
Whites of 2 eggs
2 cups flour
Lemon extract, ½ teaspoon
½ cup butter (sweet)
2-3 cup milk
2 level teaspoons Rumford's baking powder
¼ teaspoon salt

Cream butter and sugar together, then add other ingredients in rotation given. Beat the whites stiff before adding to the batter. Bake in two layers and fill with the following:

Filling

1 cup granulated sugar
½ cup water
½ teaspoon cream of tartar

Boil to a thick syrup and pour it slowly into the well-beaten whites of two eggs.

Fill between the layers and on top of cake. A few chopped almonds sprinkled on filling between layers and on top make this delicious.

QUICK SPONGE CAKE

3 large eggs
1 scant cup powdered sugar
Pinch salt
1 scant cup of flour
1 level teaspoon baking powder
½ teaspoon lemon extract

Beat the eggs very light with a wire egg-beater (do not separate). Add the sugar gradually, beating all the time, then fold in the flour into which has been sifted two or three times and add the baking powder and salt to it just before you sift last time. Fold the flour into the cake.

Do not beat after you add the flour.

Bake in a quick oven.

SPONGE CAKE

4 eggs
½ cup potato flour
1 teaspoon vanilla
1 cup sugar
1 level teaspoon Rumford baking powder

Beat yolks stiff. Add sugar and beat again,

then add stiffly-beaten whites and last fold in flour and baking powder which has been sifted twice.

Add extract and bake.

NOTE.—If baked in layers, whipped cream can be used as a filling, but should not be put between the layers until ready for use.

WHITE SPONGE CAKE

8 egg whites
1 cup powdered sugar
½ cup cornstarch
½ cup flour
1 level teaspoon baking powder
1 tablespoon rose extract

Sift together powdered sugar, flour, cornstarch and baking powder.

Beat the whites of eight eggs to a stiff froth, add one tablespoon rose extract and fold in the other ingredients and bake in square pan. When ready to serve cut in small squares.

HOT WATER SPONGE CAKE

4 eggs
2 cups flour
2-3 cup boiling water
1 cup granulated sugar
1 level teaspoon baking powder

Beat the eggs very light (do not separate), then add the sugar gradually and beat all the time. Sift the flour and baking powder, Rumford preferred, together three times and fold it in the boiling water.

Bake in a moderate oven about forty minutes. Never fails.

OLD-FASHIONED SHORTCAKE

2 cups flour
2 tablespoons sugar
2 tablespoons butter
4 level teaspoons Rumford baking powder
½ teaspoon salt

Sift the flour, sugar, salt, baking powder together, work in the shortening and add enough milk to make a soft dough. Roll out and cut

with large biscuit cutter, bake about fifteen minutes in a quick oven, split at once and butter.

They can be used for any kind of short cake—peach, strawberry, prune, etc.

Fill the fruit between the biscuits, put some on top and cover with whipped cream icing.

WHIPPED CREAM ICING

Whites 2 eggs ½ cup granulated sugar
¼ cup water

Boil the sugar and water to a syrup and pour it slowly into the well-beaten whites of the two eggs.

If the syrup is poured slowly and the whites beaten continually while pouring this icing will stand like whipped cream.

CARAMEL CAKE

No. 1

½ cup butter
1 cup sugar
3 egg yolks
1 cup water
3 teaspoons caramel syrup
2 cups sifted flour
2 level teaspoons Rumford baking powder
2 egg whites

Cream the butter; beat in the sugar, the yolks, well beaten, the water, syrup, flour sifted with the baking powder, and the whites beaten dry. Bake in a pan about 11 x 8 inches. When cold cover with:

CARAMEL FROSTING

½ cup white sugar
½ cup brown sugar
1-3 cup boiling water
1 egg white, beaten dry

Melt the sugar in the water, washing down the sides of the pan, and let boil to the soft-ball stage, then pour in a fine stream on the

white of egg, beating constantly meanwhile. Use when cold enough to hold its shape.

CARAMEL SYRUP

Stir and cook about a cup of granulated sugar in a frying pan over a quick fire until the sugar is melted and becomes a light amber color; add half a cup of boiling water and stir occasionally until the caramel melts and forms a syrup.

CARAMEL CAKE

No. 2

1½ cups sugar
½ cup milk
3 eggs
1 teaspoon vanilla
¾ cup butter
2¼ cups flour
3 level teaspoons Rumford baking powder

Cream butter, sugar and stiffly-beaten yolks together, then add milk and flour which has baking powder sifted in and last stiffly-beaten egg whites.

Bake in layer cake tins. Make the caramel as follows:

½ cup butter
1 lb. brown sugar
½ cup rich milk

Let boil until thick enough to spread, remove, beat, fill between the layers and on top.

Decorate with whole pecans.

WHIPPED CREAM CAKES

1 cup sugar
2 tablespoons soft butter
1 cup flour
2 eggs
½ cup milk
1 teaspoon cream tartar
½ teaspoon soda

Mix the sugar, eggs and butter together, then add the milk, sift the flour, soda and cream of tartar together, and add. Flavor with vanilla and bake in a small square pan.

When cold spread it with sweetened whipped cream.

LADY FINGERS

2 scant lbs. flour
10 eggs
1 rounding teaspoon Rumford baking powder
1 lb. granulated sugar

Beat the eggs and sugar together as light as for sponge cake. Sift the baking powder with the flour and stir it into the eggs and sugar. Use a meringue confectionery bag for shaping the cakes; press and run the dough out quickly through the tube into a pan lined with light brown paper but not buttered, making each about a finger long and about as thick as a lead pencil. Do not get them too wide.

Sprinkle with fine granulated sugar, bake in a quick oven, and when cool, wet the under side of the paper with a brush, remove and stick the fingers together.

DELICIOUS FRUIT CAKE WITHOUT EGGS

1 cup brown sugar
1 cup sour milk or cream
1 teaspoon cream tartar
1 cup currants
1 teaspoon cinnamon
2½ cups flour
2 teaspoons baking soda
1 cup chopped raisins
1 cup chopped figs
½ teaspoon nutmeg
1 cup shortening or cocoanut butter
2 tablespoons melted chocolate

Mix sugar and butter together, then add milk,

mix the flour, soda and cream tartar, add it to the fruit, then mix all together. Add the chocolate and bake one hour in a moderate oven.

One pound of chopped nut meats make a great improvement in this cake.

ANGEL CAKE

Whites of 12 eggs
10 oz. flour
15 oz. powdered sugar
1 teaspoon vanilla
1 teaspoon cream of tartar

Beat the eggs to as stiff and dry a froth as possible. Sift the sugar three times, and add one-half a tumblerful to the egg, gradually beating after each tablespoonful, then stir in the vanilla. Sift the cream of tartar with the flour, then sift the balance of the sugar with the flour four times and put with the first mixture, stirring as little as possible, just enough to mix and combine them thoroughly.

The oven should be very moderate when you put cake in, but the heat should be increased during the process of baking. Do not grease the pan but line it with clean manilla paper.

It requires forty minutes baking and should not be disturbed for the first fifteen minutes.

CREOLE FIG CAKE

1 cup brown sugar
3 eggs
2 cups flour
1 cup chopped figs
2 teaspoons cinnamon
1 tablespoon melted chocolate
½ cup butter
1 cup milk
3 teaspoons baking powder
1 cup walnut meats
1 teaspoon nutmeg
Pinch of salt
2 tablespoons sherry wine

Cream the sugar and butter, then add the whipped yolks of the eggs, beat well and add the milk, then the balance of recipe in rotation given. Make in two large layers and fill with the following paste, and ice all over with the following icing:

Icing

2 egg whites
1 cup granulated sugar
¼ teaspoon cream tartar
½ cup water

Mix sugar and cream of tartar. Add water and boil to a thick syrup. Pour slowly over

the well-beaten whites, beating all the time. Spread quickly.

FIG PASTE

One-half pound figs, cut in fine pieces, cover with water and add one-half cup sugar, let boil for fifteen minutes, stirring almost constantly to prevent burning. Cool before using.

FIG LAYER CAKE

1 cup sugar
2 eggs
2 cups flour
1 teaspoon vanilla
½ cup butter
1 cup milk
2 teaspoons baking powder
Pinch salt

Cream butter and sugar, salt, then add the whipped yolks and beat well, then the milk and flour, which has the baking powder sifted in, and, last, the stiffly-beaten whites and vanilla. Bake from fifteen to twenty minutes in layer cake pans and fill with the following:

FIG FILLING

Chop one-half pound figs (not through chop-

per, simply cut with knife into small size pieces), cover with water and add one-half cup sugar. Boil fifteen minutes, stirring often to prevent burning, cool and add one-half cup walnut meats and mix. Add to the fig filling one-half of the following boiled icing. Place it between the layers, and put the balance of the boiled icing on top and sides of the cake.

Boiled Icing

Whites 2 eggs
½ cup water
1 cup granulated sugar
Pinch cream tartar

Mix sugar and cream of tartar, add water and boil until a thick syrup, then pour slowly into the well-beaten whites and spread quickly.

FUDGE CAKE

¼ pound chocolate
1 cup light brown sugar
½ cup milk
1 egg, beaten light
½ cup butter
1 cup sugar
2 egg yolks
½ cup milk
2½ cups sifted flour
3½ level teaspoons Rumford baking powder
2 egg whites, beaten dry
1 tablespoon warm water

Melt the chocolate over hot water; add the brown sugar and the first half-cup of milk and stir while cooking to a smooth paste; add the whole egg and set aside to become cold. Then begin with the half-cup of butter and mix the ingredients in the order enumerated and in the usual manner. Add with the whites of eggs the cold chocolate mixture and the warm water. Beat thoroughly. Bake in two large layers.

Boiled Frosting for Fudge Cake

1½ cups sugar
2-3 cup boiling water
3 egg whites
½ cup nut meats, chopped
½ cup chopped raisins
Half nut meats

Make a boiled frosting of the first three ingredients, boiling the syrup to the soft-ball degree. To one-third of the frosting add the chopped nuts and raisins and use as a filling between the layers. Cover the top and sides with the rest of the frosting and decorate the top with the half nut meats.

BANANA SHORT CAKE

2-3 cup sugar
2 eggs
2 cups flour (scant)
½ teaspoon lemon extract
½ cup butter (scant)
2-3 cup milk
4 level teaspoons Rumford baking powder

Cream butter and sugar, add yolks of the eggs and beat well, then add milk and flour in which the baking powder has been sifted and the extract; bake in two large layer cake pans in moderate oven for about fifteen minutes or until done, then fill between the layer and on top the following filling and sliced red bananas.

The whites of the two eggs left from cake.

½ cup sugar
¼ teaspoon cream tartar
1 teaspoon lemon juice or extract
¼ cup water

Mix the cream of tartar with the sugar, add the water, let boil to a syrup, then pour it very slowly into the stiffly-beaten whites.

LADY BALTIMORE CAKE

½ cup of butter
2 eggs
1 cup of milk
2 cups of flour
1 cup granulated sugar
2 teaspoons baking powder
½ teaspoon vanilla
Pinch of salt

Cream the sugar and butter. Add the whipped yolks of the eggs and beat well, then add the milk and flour which has the baking powder sifted in, vanilla and salt. Make these small or two large layers. Bake twenty minutes in a moderate oven.

FILLING

1 cup granulated sugar
1 cup figs
½ cup water
1 cup raisins
2 egg whites

Boil the sugar and water to a syrup and pour it slowly over the well-beaten whites, then put the raisins and figs through the chopper twice

and add them to the icing, mix well, spread between the layers and on top and sides.

ROYAL ICING

1 egg white 2 teaspoons lemon juice
1 cup confectioners' sugar

Place the egg white in a bowl, add sugar and beat four or five minutes. Repeat until mixture begins to thicken, then add lemon juice or other flavoring, continue to add sugar until the icing is of the consistency desired, or until it will not run together when cut with a knife. While the cake is still warm, pile the icing on the center of the cake and, with a wet knife, smooth it over the top and sides of the cake. If the icing is prepared before the cake is ready, cover it with a wet cloth, as it hardens quickly. If it becomes too hard add a few drops of water and stir well.

This amount should be sufficient for one cake.

If more is needed add a little water and a little more sugar to the egg.

BANANA CREAM FILLING

1 cup of heavy cream ½ cup of powdered sugar
1 small, very ripe banana

Whip cream until stiff, then fold in the sugar and banana, which has been mashed to a pulp.

Spread a thick layer between the cakes.

MARSHMALLOW FILLING

2 cups of sugar ¼ teaspoon cream of tar-
½ cup hot water tar
1 egg white

Add to the hot water, sugar and cream of tartar and boil until it hairs from the spoon. When slightly cool, pour the syrup over the stiffly-beaten egg white and continue to beat until smooth, then spread between the cake.

MARGUERITES

2 egg whites
½ teaspoon vanilla
5 tablespoons granulated sugar

Whip whites until very stiff, gradually add sugar and continue beating until glossy. Bake in thick round cakes on a well-oiled paper an hour in a slow oven.

WHIPPED CREAM MARGUERITES

Make as Marguerites, then cut off the top, fill with whipped cream and a spoonful of grated nuts. Place the top on and serve.

SALTINE MARGUERITES

2 egg whites
5 tablespoons of granulated sugar
½ cup of grated or chopped nuts
2 tablespoons shredded cocoanut
Saltine crackers

Beat the whites until quite stiff, gradually

MARQURITES.

PEACH SHORTCAKE.

whip in the sugar, then add nuts and cocoanut. Drop on crackers and bake in a very slow oven about 45 or 50 minutes.

GRAPE MARGUERITES

Pour one-half cup of Welch's grape juice into a small bowl and stir into it fine powdered sugar until it is stiff enough to spread. Add then half a cupful of chopped nut meats—English walnuts, hickory nuts, pecans, or blanched almonds. Spread the mixture on whole wheat crackers or similar rather crisp and delicate crackers, and set aside in a cool place for an hour until the frosting on top hardens. These are excellent to serve with cream cheese, or with afternoon tea, cocoa or chocolate.

COCOANUT BALLS

1 egg 1 fresh cocoanut Sugar

Grate cocoanut and add half its weight in

sugar, stir in the whipped egg white. Roll into balls and bake twenty or twenty-five minutes.

If too soft to roll add just flour enough to hold its shape.

PEANUT BUTTER DROP CAKES

¼ cup butter
½ cup sugar
¼ cup milk
2 eggs
2 teaspoons baking powder
½ cup Beech-Nut Peanut Butter
1 cup flour

Cream butter and peanut butter. Add sugar, beaten yolks of eggs, milk, sifted flour and baking powder, lastly stiffly-beaten whites of eggs, and one teaspoon vanilla. Drop in small spoonfuls on greased baking sheets one or two inches apart. Bake in a moderate oven to a delicate brown.

PEANUT BUTTER LAYER CAKE

½ cup butter
1 cup sugar
2½ cups flour
¾ cup milk
3 eggs
2 teaspoons baking powder
1 teaspoon vanilla

Cream butter, add sugar and beaten yolks of eggs. Add milk, sifted flour, and baking powder, lastly stiffly-beaten whites of eggs.

FILLING

Boil one and a half cups shaved maple sugar and one-half cup water, with one-half teaspoon cream tartar until syrup will thread; pour gradually on stiffly-beaten whites of two eggs. Add two tablespoons of (Beech-Nut) peanut butter, and continue beating until thick and creamy. Spread between layers and on top of cake.

CREAM PUFFS

½ pint milk
1½ cups sifted flour
2-3 cup butter
5 eggs

Place the milk and butter over the fire and let it come to the boiling point. Sift the flour three times and pour it into the milk and stir until it is well mixed.

In a bowl break the five eggs and mix them together, do not beat, now add the mixture from the fire and beat well. It must be beaten until very smooth. Drop batter on cold greased tins, a tablespoonful (small) in a place, leaving plenty of room for swelling. Brush over with the yolk of an egg mixed with a little water, and sprinkle with sugar.

Bake from fifty to sixty minutes in a moderate oven. When done they must be hollow.

Cool, then cut off the top and fill with the following custard, sprinkle with powdered sugar and serve:

CUSTARD

1½ cup milk
2 tablespoons flour
1 teaspoon butter
1 cup granulated sugar
1 egg
1 teaspoon vanilla

Heat the milk to boiling point. Mix the flour and sugar together, stir it into the hot milk and beat well. Cook ten minutes, beat the eggs very light, add it, cook three minutes longer, add butter and vanilla, let cool and fill in puffs.

APPLE SAUCE CAKE

No Eggs and Delicious

1 cup of sugar
1 teaspoon cinnamon
½ teaspoon grated nutmeg
1 cup chopped nut meats or 1 cup raisins
1 tablespoon melted chocolate
1 teaspoon baking soda
1 pt. unsweetened apple sauce
½ cup shortening or cocoanut butter

Mix sugar and butter; mix soda with the

apple sauce, add this to the sugar and butter, then the balance of ingredients and bake for about forty minutes in a moderate oven. It is best baked in a shallow cake pan.

CHOCOLATE CAKE

Without Eggs

1 cup milk
2 cups flour
½ teaspoon cream tartar
1 cup light brown sugar
1 teaspoon baking soda
Pinch salt
2-3 cup shortening (butter or cocoanut butter preferred)

and the following chocolate custard:

¼ cake of chocolate
½ cup sugar
½ cup milk

Melt the chocolate, add the sugar, stir well and add the milk gradually, cook five minutes, stirring constantly, and cool, then add to the cake.

First cream the sugar and shortening, then add the chocolate sauce, then the balance of recipe.

Bake in two or three layers and cover with white or chocolate icing.

CHOCOLATE ICING

Without Eggs

½ cup rich milk
1½ cups confectioners sugar
½ cake or ¼ lb. cooking chocolate

Melt the chocolate in a double boiler, then mix the sugar well with it and add the milk gradually. Cook from twenty to thirty minutes in double boiler, then beat until it gets cool and spread on cake.

COOKIES, JUMBLES AND CRACKERS

CURRANT COOKIES

1 cup granulated sugar
1 egg
2 level teaspoons Rumford baking powder
1 cup butter
1-3 cup milk
¼ teaspoon salt
1 cup currants
¼ teaspoon grated nutmeg

Cream the sugar and butter, then add the well-beaten egg and the balance of the recipe, then flour enough to handle, not to roll. Form into little cakes in the hand and press them out flat on pan in which you are baking.

Brush the tops with milk and granulated sugar.

GINGER BISCUITS

½ cup butter
½ cup brown sugar
2 tablespoons ground ginger
1 cup dark molasses
2 cups flour
Grated rind of 1 lemon
2 rounding teaspoons Rumford baking powder
½ cup milk or sufficient to make a fairly stiff dough

Rub the butter through the flour, then add the sugar, lemon juice and baking powder, now mix the molasses in and then the milk, if it should be too stiff add a little more than the half cup. Drop into hot greased muffin tins and bake twenty minutes.

BRAN NUT COOKIES

1 lb. sugar
Whites of 3 eggs
1 cup milk
1 teaspoon vanilla
Pinch salt
½ lb. butter
2 cups chopped nut meats
Bran flour to stiffen

Cream the sugar and shortening together, then add the milk, then a part of the flour and

the balance of the ingredients, and last the stiffly-beaten whites. Use enough of the bran flour to make a dough stiff enough to roll, and use white flour to roll out. Roll very thin and sprinkle the top with chopped nut meats, roll the pin over once in order that they do not drop off or press half an almond in the center of each after it is cut.

MOLASSES JUMBLE

1 cup brown sugar
2 cups milk
½ teaspoon ginger
Whole wheat flour
1 cup New Orleans molasses
1 teaspoon cinnamon
½ teaspoon nutmeg
1 cup shortening, butter or cocoanut oil

Cream the butter and sugar, add the molasses, then the milk, mix the spices with the

whole wheat flour, and add enough bran flour to make a dough stiff enough to roll.

Roll to about one-quarter inch thickness and cut with large jumble cutter, press a raisin in each cake and bake in quick oven.

WHOLE WHEAT BRAN COOKIES—PLAIN

1 cup gran. sugar	½ cup butter
1 egg	½ cup milk
2 rounding teaspoons Rumford baking powder	Pinch salt
	Whole wheat flour

Cream the sugar and shortening together, beat the egg very light and add then the other ingredients and enough flour to stiffen. Sprinkle the pastry board with white flour and roll very thin. Sprinkle with granulated sugar, roll the pin over just once in order to press the

sugar in the dough. Cut any size desired and bake on greased biscuit sheets in quick oven.

BRAN FRUIT COOKIES

2 cups sugar
1 cup milk or cream
2 eggs
1 teaspoon nutmeg
½ cup butter
2 cups chopped raisins
2 tablespoons cinnamon
½ teaspoon cloves
Whole wheat flour

Mix and bake same as other cookies.

CREAM COOKIES

1 cup sour cream
1 egg
1 level teaspoon nutmeg
1 cup sugar
1 level teaspoon soda
1 teaspoon lemon extract
Flour

Mix as soft as can be handled, roll thin and bake quickly. Mix as recipe on preceding page.

HICKORY-NUT COOKIES

½ cup melted butter or cocoanut oil
½ teaspoon baking powder (Rumford preferred)
2 cups sugar
2 eggs
½ cup milk
1 teaspoon cream tartar
1 cup nut meats

Add sufficient flour and make dough stiff enough to roll. Just before rolling, add nut meats to the dough.

Bake quickly.

VIOLET MERINGUES

Boil without stirring one cupful of Welch's grape juice with two cupfuls of sugar until it will make a soft ball, when a little is dropped from a spoon into cold water. Pour it then on the whipped white of an egg and beat until it is a standing meringue. Drop from a spoon on

buttered paper or a well-buttered agate pan, and put aside to cool. This is very good served on cake with cream.

MACAROONS

4 egg whites
½ lb. of almonds
1 teaspoon of flour
1½ cups powdered sugar
1 teaspoon of rosewater
A few drops of almond essence

Blanch the almonds and pound to a paste, adding the rosewater, almond essence and a little sugar at a time until all has been added; then add the stiffly-beaten whites and whip thoroughly. Last add the flour and bake in small balls on strips of oil paper in a quick oven.

RICE FLOUR WAFERS

¼ cup butter or substitute
¼ cup sugar
1 unbeaten egg
Grated rind 1 lemon
1 level cup rice flour
½ level teaspoon Rumford baking powder

Cream shortening, add sugar, egg, lemon

rind, one-half cup rice flour and baking powder; add enough more rice flour to roll. Roll very thin, cut in fancy shapes, and bake gently in a moderate oven.

BARLEY GINGERBREAD

1-3 cup shortening
½ cup boiling water
1 cup molasses
1 egg
2 cups barley flour
¼ level teaspoon soda
3 level teaspoons Rumford baking powder
½ level teaspoon salt
1 level teaspoon cinnamon
½ level teaspoon clove
1 level teaspoon ginger

Melt shortening in the boiling water, add molasses and egg. Sift together thoroughly the flour, soda, baking powder, salt and spices, and add to the first mixture. Beat well and bake in greased gem pans twenty-five minutes, or in a cake pan about forty minutes.

SEED COOKIES

2 cups sugar
1 egg
Pinch baking soda
1 cup butter
2 oz. rosewater
1½ lbs. flour

Mix the sugar and butter, then the soda, which has been dissolved in one tablespoon of warm water, then add the flour, then the well-beaten egg and rosewater. Roll out, sprinkle with any seed desired, roll the pin over it once, cut and bake.

Use fennel or caraway seeds.

SCOTCH COOKIES

1 lb. sugar
1½ lbs. flour
½ cup molasses
3 eggs
½ oz. soda mixed with molasses
½ lb. butter
1 teaspoon mixed cloves, allspice and cinnamon

Mix the same as other cookies, roll very thin, cut with cake cutter, place in pan giving each

cake plenty of room and put in oven; when half done brush over top with glaze made of yolk of an egg, as much water as there is egg and a teaspoon sugar, return to oven and bake.

ALMOND COOKIES

¾ lb. butter
1 lb. flour
2 level teaspoons baking powder
¾ lb. sugar
2 eggs
1 lb. chopped almonds

Cream butter, sugar and eggs together, then sift powder with flour and add to this. Roll thin, cut out, and brush over top with an egg beaten in half a cup cream, sprinkle with equal parts of finely-chopped almonds and sugar well mixed; bake in quick oven.

COOKIES AND JUMBLES

Always have a quick oven for cookies and jumbles. A nice "finished touch" can be given by sprinkling with granulated sugar, or seeds,

and rolling over lightly with rolling pin, then cut out and press a raisin in the center of each.

When lightly browned, brush over while still hot with a glaze made of yolk of one egg, a tablespoon of water and a teaspoonful of sugar. Return to oven and brown.

NOTE.—A small bristle brush (pastry brush) should be used to brush or glaze the cakes.

VANILLA JUMBLES

1½ cup white sugar	¾ cup butter
3 eggs	½ cup sweet milk
½ teaspoon baking soda	½ teaspoon cream tartar

1 teaspoon vanilla

Cream sugar, butter and eggs together, then the milk and flour which the soda and cream of tartar has been sifted in. Mix with sufficient flour to roll, sprinkle with sugar, cut and bake.

COCOANUT JUMBLES

2 cups sugar
1 cup butter
1 teaspoon vanilla
½ grated cocoanut
2 eggs

Cream sugar, butter and eggs, add cocoanut and last flour and vanilla. Make just stiff enough to roll out and roll as thin as possible.

Bake quickly.

WHOLE WHEAT PEANUT WAFERS

1 cup of sour milk
½ teaspoon of soda
1 cup of Beech-Nut Peanut Butter
4 cups of whole wheat flour
2 tablespoons of hot water

Place the peanut butter in a bowl. Add the hot water and rub smooth. Then add soda to the sour milk; stir and add to the butter. Mix all well. Add flour and knead well.

Roll thin, cut with biscuit cutter and bake in a moderate oven until brown and crisp.

BRAN NUT WAFERS

1 cup of almonds or Beech-Nut Peanut Butter
Wheat bran
1½ cups of hot water

Add water to the nut butter and rub until smooth. To this add sufficient table bran to make a stiff dough. Roll thin and cut with biscuit cutter.

Bake in a moderately hot oven until brown.

PEANUT BUTTER COOKIES

1 cup Beech-Nut Peanut Butter
1 cup sugar
2 eggs well beaten
½ cup milk
3 teaspoons baking powder, flour enough to make a soft dough
½ cup butter

Cream butter and peanut butter; add sugar, beaten yolks, milk, stiffly-beaten egg whites and flour, which has the baking powder sifted in. Have the dough as soft as can be rolled, cut into shapes and bake.

CANNING AND STERILIZING BY THE NEW ONE-PERIOD COLD-PACK PROCESS

While most housewives are experienced in the art of canning fruits and know that fruits preserved according to prescribed directions keep almost indefinitely, very few of them understand the scientific principles which underlie the new process of canning.

Cold-storage and dehydration are the common canning methods for the preservation of fruits and vegetables. Canning is the one in which we are here interested. All of these methods accomplish their results by partially checking or preventing altogether the growth of bacteria. In cold-storage the low temperature—cold—retards the development of bacteria; in dehydration the lack of moisture prevents their growth;

in canning the high temperature—heat—destroys the bacteria.

The canning of fruits or vegetables by the old method is not only a laborious process, but is doubtful and hazardous. All of the labor and the article itself is frequently lost by the imperfect method under the old canning process.

Canning outfits may be made up from such utensils as wash boilers, tin pails or metal wash tubs.

These vessels should have snug-fitting covers and perforated false bottoms, made of metal or wood, to prevent direct contact with the heat and also to permit a free circulation of water around and under the jars.

The new method of canning requires the minimum of labor and gives the maximum of results.

The several steps in this new method of canning are as follows:

First: The cleansing and thoroughly steril-

izing of all jars or containers. This is done by placing them inverted in a pan of cold water which is allowed to come to a boil and remain standing until used.

Second: The preparation of the articles to be canned. This is done by washing, paring, trimming and cutting into suitable pieces such things as need dividing.

Third: After the containers have been sterilized and material prepared, the articles to be canned should be scalded or blanched. This is done by putting them into a cheese-cloth bag or a wire dipping basket and plunging them into boiling water, in which they should remain from one to fifteen minutes, dependent upon the article. All fresh and succulent vegetables can be sterilized better by steaming, which can be done in an ordinary steam cooker.

Fourth: As soon as the article to be canned is removed from the boiling water or steam, it should be dipped immediately into cold, clean

water (the colder the better), and allowed to remain only a few moments.

Fifth: The articles to be canned should be drained and carefully packed into the hot jars. The jars should be packed full. To each quart jar of vegetables add one teaspoonful of salt and fill with boiling water. In the case of fruits, fill the jar with boiling hot syrup or boiling water.

Sixth: Scald or sterilize the rubbers and caps of the jars. Put the rubbers into place and screw the tops down very lightly. Then place the jars in a wire rack container or other similar device for processing.

Seventh: Place the wire rack in a wash-boiler and cover two inches above the top with hot water and allow to boil—see table of time schedule, page 183. Time the boiling from the moment the water begins to boil. The jars should be placed in the processing vessel immediately after they are filled.

Eighth: Processing is the last but by no means the least important step in this new method of canning. After the jars have remained in process the period of time given in the table, remove and seal them tightly by turning the caps down.

Ninth: Remove the jars and turn them upside down upon a dry, clean cloth. Examine the covers carefully, and if there is any leakage the caps should be tightened until completely sealed.

Tenth: Cover the jars with a cloth until they are cool, then they are ready to store away for future use.

UTENSILS

The utensils needed for the one-period method of canning are:

An apple corer,
A berry steamer,
A pair of scales,
A pint measure,
A sharp paring knife,
A long pronged fork,
Towels,
A large porcelain or aluminum preserving kettle,
A granite or aluminum ladle,
Fruit jars,
Wash-boiler,
Wire rack for jars.

All of these utensils should be kept thoroughly sterile during the process of canning. The hands should be kept immaculately clean. All fruits and vegetables should be of the best quality. They should be canned on the day they are picked. From the moment they are taken from the parent tree, vine or stalk, they begin to wither, deteriorate and lose their fine taste and flavor.

TABLE GIVING THE TIME REQUIRED FOR SCALDING, BLANCHING AND STERILIZING (PROCESSING) VEGETABLES, FROM GOVERNMENT BULLETIN NO. 839

Products by Groups.	Scald or Blanch. min.	Number of min. required for boiling.
SPECIAL VEGETABLES		
Tomatoes	1½	22
Pumpkin	3	120
Squash	3	120
Hominy	3	120
Sauerkraut	3	120
Corn, sweet	5	180
Corn, field	10	180
Mushrooms	5	90
Sweet Peppers	5	90
POD VEGETABLES AND OTHER GREEN PRODUCTS		
Beans, wax	5—10	120
Beans, stringless	5—10	120
Okra	5—10	120
Peppers, green or ripe	5—10	120
Cabbage	5—10	120
Brussels Sprouts	5—10	120
Cauliflower	3	60

	Scald or Blanch.	Number of min. required for boiling.
ROOT AND TUBER VEGETABLES		
Carrots	5	90
Parsnips	5	90
Salsify	5	90
Beets	5	90
Turnips	5	90
Sweet Potatoes	5	90
Other Roots and Tubers	5	90
COMBINATIONS AND SOUP VEGETABLES		
Lima Beans	5—10	180
Peas	5—10	180
Vegetable combinations	5—10	120
GREENS, DOMESTIC OR WILD		
Swiss Chard	15	120
Kale	15	120
Chinese Cabbage Leaves	15	120
French Endive	15	120
Cabbage Sprouts	15	120
Turnip Tops (young, tender)	15	120
Spinach, New Zealand	15	120
Asparagus	15	120
Spinach	15	120
Beet Tops	15	120

TABLE GIVING THE TIME REQUIRED FOR SCALDING, BLANCHING AND STERILIZING (PROCESSING) FRUITS, FROM GOVERNMENT BULLETIN NO. 839—*Cont.*

Products by Groups.	Scald or Blanch. min.	Number of min. required for boiling.
GREENS, DOMESTIC OR WILD *Cont.*		..
Dandelion, cultivated	15	120
Dandelion, wild	15	120
Mustard, native	15	120
Mustard, Russian	15	120
Mustard, wild	15	120
Collards	15	120
SOFT FRUITS AND BERRIES		
Apricots	1—2	16
Blackberries	..	16
Blueberries	..	16
Cherries	..	16
Currants	..	16
Dewberries	..	16
Figs	1—2	16
Gooseberries	1—2	16
Grapes	..	16
Huckleberries	..	16

	Scald or Blanch.	Number of min. required for boiling.
SOFT FRUITS AND BERRIES *Cont.*		
Peaches	1—2	16
Plums	..	16
Raspberries	..	16
Strawberries	..	16
Citrus Fruits	1—2	12
Fruits without sugar syrup	..	30
HARD FRUITS		
Apples	1½	20
Pears	1½	20
Quinces	1½	20
Windfall Apples (pie filling)	..	12
Quartered Apples (salad)	..	12
Whole Apples, pared and cored	..	16
Apple Syrup	..	15
Fruit Juices	..	15
Preserves, after preparation and filling	..	20

CANNED CORN

Pick sweet corn when milk ripe or, if bought, have as fresh as possible and can immediately. Sterilize on the cob, then cut from cob and scrape with a dull knife to get the milk, fill into glass jars, add a teaspoon of salt and water to fill jar and sterilize or cook in covered boiler as directed, then seal and put away.

CANNED TOMATOES

Select small, sound, fresh tomatoes. Dip in boiling water to remove skins, then in cold water. Pack in hot jars. Use no water. Cook in boiler as directed on page 183. Dip silver knife or spoon in boiling water and run down inside of the jar before sealing. Add one teaspoonful of salt to a quart jar.

TO CAN PEAS OR LIMA BEANS

Select young, tender peas or beans, shell and

fill the jar, add a little salt, then fill the jar with hot water. Cook or sterilize for two hours in covered boiler as before directed.

CANNED OKRA

Wash the tender young pods, cut in short lengths and pack in jars. Cover with water and cook or sterilize in covered boiler an hour or more, as before directed.

CANNED BEETS

Wash young beets, cut off a portion of the top and boil an hour or more, then remove the skin, cut into slices or leave whole. Fill the jars, cover with water and cook in covered boiler an hour or more, as before directed.

CANNED ASPARAGUS

Wash asparagus thoroughly, cut off the tough end and scrape well. Place in jars, cover with hot water. Place lids on loosely and boil in the covered boiler for two hours, seal and put away.

CANNED CHERRIES

Select sound cherries, wash in cold water and drain. Remove the stones and pack in layers in the jar. Sprinkle each layer with granulated sugar, using half pound of sugar to each pound of sour cherries, or one-quarter pound of sugar to each pound of sweet cherries. Fill jars with hot water. Place in a boiler, boil according to table, page 185.

CANNED BERRIES

Pick and wash berries carefully. Drain and place in small jars, a layer of berries and a layer of granulated sugar, using half a pound of granulated sugar to each pound of sour berries or a quarter pound of sugar to each pound of sweet berries. Cover with hot water. Place jars in boiler and boil as directed in table.

CANNED STRAWBERRIES

Fill glass jars with fresh, whole strawberries, alternating layers of berries and sugar, in the

proportions of half pound of sugar to a pound fruit, cover jars (not air-tight), place in rack in boiler. Bring to the boiling point and boil slowly, according to table. Remove jars, and while hot remove cover and let air out by stirring with a silver knife, then seal and turn upside down.

Jars may be filled with a hot syrup made of sugar and water in the same proportions if preferred.

CANNED PEARS OR PEACHES

Peel the fruit and remove the core or stone. Pack jars well and pour over this a syrup made of half pound of sugar to each quart of water and a little lemon juice. Bring this to a boil, pour over the fruit, to within one inch of top of jar, and place in the processing boiler. Cook twenty to thirty minutes—remove and seal.

CANNING FRUITS

Fruit is at its best and should be consumed during the season in which it ripens. Unless fruits are stored in some artificial way for consumption at unseasonable times, Nature has decreed that their pulp shall be destroyed by the bacterial life which is everywhere present. So fruit preservation proves to be the question of how best to thwart the decomposing action of bacterial molds and fermenting bodies upon fruits.

Perfect, preferably slightly underripe fruits should be selected for canning purposes. Fruits possess the richest flavors when they are gathered during dry weather, and in the morning, just after the warm sun rays have drawn away the dew from them.

In paring fruits, cut away as little as pos-

sible of the pulp lying immediately under their skins, for the old saying, "the good lies next to the skin," is indeed very true. Fruits, like peaches, can be skinned without much difficulty by plunging them into boiling water and then pressing off the skins; for good results, the peaches must not be green or overripe. In order to prevent discoloration, which is detrimental to their appearance, fruits should be placed in cold water when they are peeled.

Fruits should not be permitted to stand too long after they have been pared. They should be canned at once, either with the addition of finely granulated sugar, in the proportion of one-half pound of sugar to each pound of fruit; or, without sugar, if the fruits are intended for subsequent pie-making; fruits canned without sugar retain better and richer flavor. It should be borne in mind that sweet fruits require less sugar than tart fruits; for this reason the proportion of sugar recommended, one-half pound

to each pound of fruit, should be varied according to the acid content of the fruit.

The amount of heat and length of time required to cook fruits depend upon their size. Berries, being smaller than peaches, of course require less heat. As a rule berries require the application of heat from six to eight minutes; fruits, such as peaches, pears, plums, or pineapples, require from ten to twenty minutes.

Fruit jars, their tops and rubber rings should be well sterilized. Sterilization can be accomplished without risk of breaking by immersing them first in cold water, then gradually heating to a temperature of 200° Fahrenheit, and removing jars as needed.

The best fruit jar on the market is the kind with the wire clamp top. New rubber rings should always be used with each fresh canning.

To open glass jars of canned fruit, run a thin knife blade under the rubber ring, next to the jar. If this method should fail, place the jars in a pan of cold water and bring the water to a boil.

CANNING FRUIT BY THE OLD PROCESS

In many homes the old or usual process of canning may have given good results and the housewife may not be equipped for canning according to the one-period cold-pack method; therefore we give a few choice recipes according to the old or conventional plan.

Utensils essential to canning are:

An apple corer
A berry stemmer
A pair of scales
A pint measure
A sharp paring knife
A long-pronged fork
Towels
A large porcelain or aluminum preserving kettle
A granite or aluminum ladle
Fruit jars

CANNED BERRIES

Pick out stems or hulls, if any, wash thor-

oughly, put in porcelain kettle on stove, adding one cup of water to prevent burning at first.

When they come to a boil, skim well, take off all surplus juice, keeping it for jelly, drinks, etc. Add sugar to taste (for pies it may be omitted) or a half pound sugar to each pound fruit. Boil five minutes, fill glass jars, using a small strainer for dipping berries so that the quantity of juice put up may be regulated, add the juice with dipper. This rule applies to all berries and small fruits.

CANNED CHERRIES

Allow six ounces sugar to each quart of stoned cherries. Boil moderately five minutes or make a syrup of one pint water and three pounds sugar, add cherries and cook as above.

Can and seal tight.

CANNED CRAB APPLES

To each pound fruit add half pound of sugar, and a pint water to each three pounds sugar.

When syrup is boiling drop in the apples, they will cook very quickly; or steam till tender, place in syrup a minute or two, then fill cans with apples and cover fruit with syrup.

CANNED CURRANTS

Look over carefully, wash, stem and weigh, allowing a pound of sugar to every pound of fruit, cover and cook gently for about thirty minutes. Then add the sugar, and shake the kettle occasionally to make sugar mix with the fruit; do not allow it to boil but keep as hot as possible without boiling until the sugar is dissolved. Pour into cans and seal at once.

White currants are excellent preserved in this way.

CANNED GOOSEBERRIES

Cut off tops and stems.

Allow eight ounces of sugar to a quart of berries and add one cup of water to prevent burning at first.

Cook the berries until white, but not enough to break them; put into jars covered with the juice in which they have boiled and seal at once.

CANNED GRAPES

Pick grapes off stems, wash in cold water and squeeze the pulps into an earthen dish or preserving kettle, throwing skins into another.

Boil pulps with a very little water until tender and until seeds separate, then strain through a colander (to remove seeds) into dish with skins.

Add sugar to taste or half as much sugar as fruit; stew and can as other fruits.

CANNED PEACHES

No. 1

Have one porcelain kettle with boiling water and another with a syrup made with white sugar, sweet enough for the peaches, well skimmed or clarified.

Pare, halve, and drop the peaches into the boiling water, let remain until a silver fork will pierce them, lift them out with a wire spoon, fill can, pour in all the boiling syrup the can will hold and seal immediately.

CANNED PEACHES

No. 2

7 lbs. sugar 4 cups water

Boil the sugar and water to a syrup. Drop the peeled peaches into this. After the peaches have cooked until done in the water and sugar, lift them out, fill into jars and pour the thick syrup over them, and seal at once.

PEARS AND QUINCES

Boil the pears in a rich syrup until tender. Boil the quinces in a separate vessel, as they require longer cooking.

As the pears are done fill into jars, lifting

with a wire spoon, then add the quinces, mix the syrup which the two have boiled in and pour over the fruit in jars and seal.

The proportions of sugar and water are seven pounds of sugar to one quart of water.

CANNED PINEAPPLE

Pare and cut out the eyes, now shred or pick to pieces with a silver fork, make syrup in proportion of one pound best white sugar, one-half pint water to each pound fruit, boil five minutes, skim or strain, add the fruit and let it boil (cooking long discolors it), have the cans hot, fill and seal at once.

CANNED PLUMS

Wash and put into a syrup made in proportion of a pint of water and a pound of sugar to every two pounds fruit; boil eight minutes, can and seal immediately.

TOMATO SWEETMEATS

5 lbs. of tomatoes 2½ lbs. of sugar

Select tiny tomatoes. Pour boiling water over and skin them. Use a portion of the sugar to cover the bottom of a porcelain kettle, then put in a layer of tomatoes and the remainder of the sugar on the top.

Place on a slow fire and cook slowly and until the sugar has thoroughly cooked into the tomatoes. Then remove the tomatoes carefully. Place on a platter, cover with cheesecloth and put in the sun each day until thoroughly dried. While drying sprinkle with sugar several times.

When thoroughly dry, wrap in waxed paper and pack in boxes (preferably tin boxes). These should keep indefinitely if properly prepared.

NOTE.—A piece of preserved ginger cooked with the tomatoes improves the flavor.

JELLIES

Jellies are made from the strained juices of berries or fruits and sugar. A vegetable substance called pectin, which exists in most berries and fruits and which much resembles the gelatine derived from animal products, is responsible for the jelling which occurs when jellies are properly made.

Berries or fruits intended for jellies must be quite fresh and free from blemishes. Berries and currants should be utilized as soon as they have been picked; they should never be gathered immediately after a rain, as excessive moisture is apt to interfere with the jellying process. All fruits, but especially currants and grapes, should be slightly underripe rather than overripe, as in this state they contain a larger amount of pectin. Currants, plums, crab-apples, gooseberries and quinces "jell" easily and

quickly, while cherries do not; it is necessary, therefore, to mix cherries either with one-fourth their weight of currants, or one ounce of ordinary gelatine to every quart of juice.

The juice of berries and fruits can be more easily extracted after they have been well bruised or crushed. The pulp should be stirred constantly while it is over the fire and allowed to remain until it has been well scalded.

Jellies, like jams and marmalades, should be made in aluminum or porcelain kettles.

When berries or fruits have been heated long enough to extract their juices, they should be emptied into a straining receptacle. A three-cornered cheesecloth or cotton bag is most convenient for straining purposes, since, when the bag is hung up, the weight of its contents causes the juice to flow freely from its lowest corner. Juice strained without pressure will produce clean, clear jelly.

Not over two or three pints of jelly should be

made at a time, as larger quantities require so much boiling that the results are not apt to be satisfactory.

How To Make Jellies

Boil strained berry or fruit juice for twenty minutes, carefully skimming it from time to time. Add one part of hot sugar to one part of juice. Hot sugar is made by spreading sugar over the bottom of a large dripping pan and placing in an oven until the sugar has become thoroughly heated, stirring briskly to keep from burning.

After adding hot sugar to the berry or fruit juice, let it boil for five minutes. Do not boil the sugar and juice mixture too long, for it will make the jelly too strong and too dark. Test the mixture by dropping a spoonful upon a cool saucer; if done, it will almost instantly "jell."

Fill jelly glasses and let the jelly cool. Fol-

low sealing directions given under the heading of Jams and Marmalades.

APPLE JELLY

Wash and slice, but do not peel, nice tart red apples, and boil until soft; then strain with very little pressing and after boiling up and skimming thoroughly, add three-fourths the quantity of sugar and boil until it jellies nicely. It will be delicious and of a beautiful pink color.

Too ripe apples will make it dark.

CRAB-APPLE JELLY

Wash and slice large Siberian crabs, but do not core; cover to depth of an inch or two with cold water and cook to a mush; pour into coarse cotton bag or jelly strainer, and when cool enough press or squeeze hard to extract all juice. Wring a piece of fine Swiss muslin out of water, spread over colander placed over a crock, and with a cup dip juice slowly in, al-

lowing plenty of time to run through; repeat this process twice, rinsing out the muslin frequently.

Allow the strained juice of four lemons to a peck of apples and three-quarters of a pound of sugar to each pint of juice. Boil the juice for twenty minutes, skimming often, while boiling sift in the sugar, stirring constantly, and boil about five minutes, when it is ready to test.

Fill the glasses at once. This makes a clear, sparkling jelly.

APRICOT JELLY

Wash and take out stones from two quarts apricots; cut in small pieces and lay them in preserving kettle with a clove well pounded, and juice of half lemon; cover with water, set on moderate fire, and boil slowly till well cooked.

Strain and when juice is all squeezed out, put it in kettle with three-quarters of a pound of sugar with every pint of juice, boil until it jellies, then place in glasses.

BLACKBERRY JELLY

Select nice but not overripe berries; pick, wash and boil until soft, with just enough water in bottom of kettle to prevent burning. Turn into jelly bag, drain and squeeze, let juice come to boil, add three-quarters of a pound of sugar to every pint of juice, boil until it jellies, then put in glasses at once.

CHERRY JELLY

Stone and stem a quantity of best cherries, and to every pound add one pound red currants; put into preserving kettle, place over fire and reduce all to a pulp, stirring all the time with a wooden spatula. Strain through a hair sieve and filter through a jelly bag. To each pint of fruit add one pint of sugar. Place again on fire and boil to a jelly, fill glasses or jars.

This is a very nice jelly and is excellent for flavoring summer drinks.

CURRANT JELLY

Do not pick from the stems, but carefully remove all leaves and imperfect fruit. Wash, weigh and to each pound of fruit allow one-half that weight in sugar. Put a few currants in porcelain-lined kettle, and press with potato masher, or anything convenient in order to secure sufficient juice to prevent burning; then add the remander of fruit and cook freely for twenty minutes or until all juice is extracted.

Take out and strain carefully. When strained, return liquid to kettle, and let it boil thoroughly for a moment or so, and add the sugar, which has been heated in the oven, and the moment the sugar is dissolved the jelly should be done and should be dished or placed in glasses.

If it is done it should jelly upon the side of the glass when it is taken up.

ELDERBERRY JELLY

One quart elderberries, one pint water, boil

together a few minutes, then press through a jelly bag until all juice is extracted; one quart of crab-apples and one pint water boiled together and juice extracted.

The apples should be cut once or twice before boiling. Mix juice of both together and for every pint juice, take one pound white sugar and boil about ten or fifteen minutes, when it should jelly nicely. Elderberry juice will not jelly when made alone, but by adding the juice of apples it makes a beautiful jelly.

FOUR-FRUIT JELLY

Take equal quantities ripe strawberries, blackberries, currants and red cherries; all should be fully ripe, and the cherries must be stoned, taking care to preserve the juice that escapes in stoning and add it to the rest; mix the fruit together, put into a muslin bag, and squeeze thoroughly, when it has ceased to drip measure the juice and to every pint allow a pound of best loaf sugar in lumps. Mix juice

and sugar together, put them into a porcelain-lined or aluminum kettle. Boil for half an hour, skimming frequently.

Try the jelly by dipping out a spoonful and holding it in the open air, if it hardens readily it is done.

GRAPE JELLY

Wash grapes, add a cup of water and boil until tender; rub through a sieve and to every pound pulp add a pound of sugar, stir well together, boil slowly twenty minutes, then test by dropping a spoonful on a saucer.

Grapes do not jelly as quickly as other fruits, but if they are not overripe, and directions are carefully followed, you should have no trouble. If you have some grapes overripe, then add some green ones to them and you should have no difficulty in getting a delicious tart jelly.

MUSCARDINE JELLY

Squeeze skins from muscardines, saving all

the pulp and juice. Add to each quart twenty-five or thirty of the skins, or enough to give a rich crimson color ;too many will make the jelly dark and if none are used it will have a muddy color. If there is not sufficient juice to prevent scorching add a little water, set on brisk fire and cook from twenty to thirty minutes; take off and strain through flannel jelly-bag, add a pint sugar to each quart of juice, return to fire and boil hard twenty minutes without stirring. Test boiling until it will jelly and put away in glasses.

PEACH JELLY

Crack one third of the kernels and put them in the jar with the peaches, which have been stoned and sliced, but not pared. Heat in a kettle of boiling water, that is, set the stone jar containing the peaches in a kettle of boiling water and cook this way until peaches are soft and well broken. Strain and to every pint of juice, add the juice of a lemon, strain again and

to every pint of juice add a pound of sugar. Heat the sugar very hot, and add when the juice has boiled twenty minutes and has been well skimmed. Let it come to a boil and take from fire. If the sugar is hot when added to the juice, you should have jelly as soon as it dissolves.

Very nice for jelly cake.

PINEAPPLE JELLY

Pare and grate fruit, weigh and to each pound use a pound of sugar. Boil ten minutes with enough water to keep from burning, strain, add the sugar already measured and boil until it jellies.

Strain into glasses and cover.

TOMATO JELLY

Cut a peck of tomatoes in pieces, boil until soft and strain; put the juice on, after measuring add a slice of lemon and boil for thirty min-

utes; add sugar, pint for pint, let dissolve and come to boiling point, when it should jelly.

Test until properly done, then strain into glasses.

QUINCE JELLY

Rub the quinces with a cloth until perfectly smooth, cut in small pieces, pack tight in a kettle, pour on cold water until level with the fruit, boil until very soft but not red; pour in three-cornered bag and hang up to drain, occasionally pressing to make the juice run more freely, taking care not to press hard enough to expel the pulp; some let it hang over night. To a pint of juice allow a pint of sugar and boil fifteen minutes, or until it will jelly; pour into jelly glasses.

JAMS AND MARMALADES

Jams are usually made from juicy berries, as blackberries, raspberries, or currants; marmalades are usually made from firm fruits, as pineapples, peaches or apricots. Berries or fruits intended for jams or marmalades should be carefully cleaned and thoroughly crushed before they are cooked. This prevents them from hardening during cooking.

Berries or fruits should never be allowed to stand in a tin vessel; neither should they be cooked in tinware, as their acids act upon the tin and form injurious chemical substances. They should be cooked either in porcelain or aluminum ware.

The delicate flavor of berries or fruits can best be retained by boiling them first without sugar, for about fifteen or twenty minutes;

then adding the sugar, in the proportion of three-fourths of a pound to every pound of berries or fruit. The mixture of the fruit and sugar should be constantly stirred to prevent it from scorching; even the slightest burning will spoil its flavor. Any scum that may arise in the process of cooking should be skimmed off.

The preserving process is complete when a tablespoonful of the berry or fruit syrup, upon being placed on a saucer, and put in a cool place, sets or thickens into a glistening mass of a sticky consistency.

The hot preserves can then be poured either into glass jars, which have been slightly heated by immersing them halfway in warm water—or into stone crocks. The glass jars should be sealed by screwing their metallic tops down very tight against their rubber rings. Each stone crock, after its contents has been permitted to cool, should be sealed in the following manner: a sheet of paper should be pressed against its top and cut to the dimensions of its

rim; the resulting paper disc, after being soaked in alcohol, should be snugly fitted down against the surface of the jam or marmalade; a linen cloth should then be tightly tied over the mouth of each crock.

When no other means of sealing glasses or glass jars is available, a thin layer of hot paraffine may be poured over the surface of each glass or jar.

GRAPE JAM

Stem ripe grapes and slip off skins; put purp in kettle with cup water and boil until seeds separate; strain, allow one pound sugar to one pint of pulp, put all together in kettle with half the skins, boil until skins are tender, strain and put up in glasses.

PEACH JAM

Peel the peaches, remove stones and weigh, allowing one-third their weight in sugar. Set

over fire gradually and steadily boil for two hours, skimming as soon as scum arises and stirring often, and constantly toward the last to prevent burning.

Put away in stone crocks. Ripe peaches are best and the sound portions of those partly decayed may be used.

LOCUST BEAN JAM

1 lb. carob or locust bean 1 lemon
1 teaspoon ground ginger 1 teaspoon brown sugar

Wash beans, break into small pieces and cover with cold water. Allow to stand over night or several hours. Then boil slowly for one and one-half hours in the same water they were soaked in.

Mash through colander, add ginger, lemon and sugar. Cook fifteen minutes more or until thick.

QUINCE JAM

Peel and slice the fruit. Boil in as little water

as possible until soft enough to break easily; then rub with spoon until entirely smooth. To each pound of quince add ten ounces brown sugar, and boil twenty minutes, stirring often.

Put up in glass jars.

RASPBERRY JAM

Use small or crushed berries, carefully rejecting all decayed ones; wash, mash and allow two-thirds pound of sugar to each pound of berries. After they are well mashed, turn into preserving kettle and cook for fifteen minutes, then add sugar and boil slowly, stirring constantly until the juice has all thickened, then put away in wide-mouthed glass jars.

Strawberries are done in the same way.

APPLE JAM

Peel and cut apples in thin slices. Place in

preserving kettle with three-quarters pound white sugar to every pound fruit and add a few cloves, a small piece of ginger and a thin rind of lemon (tied in a piece of muslin), stir with a wooden spoon over a quick fire for half an hour, when it will be ready to can or put into crocks.

APRICOT JAM

Skin the apricots (by immersing in hot water is best), cut in half and remove the stones, three pounds of sound and ripe fruit; place in deep dish and sprinkle over half their weight in finely sifted sugar; allow to stand over night. Then put them with syrup that will have oozed from them in preserving kettle, add a few kernels, blanched and sliced, and boil very gently half an hour, stirring constantly.

Put into glasses or crocks.

BLACKBERRY JAM

Wash thoroughly and measure or weigh fresh ripe berries into preserving kettle. Crush to a

pulp with potato masher, and boil fifteen or twenty minutes or until about half the juice has boiled away, skimming often; add three-fourths pound sugar to each pound fruit, and boil until it is thick, stirring constantly. Test by placing a spoonful on a saucer and allowing it to cool. If it is done it will be stiff.

Put in crocks and jars, cover closely.

CHERRY JAM

Stem, wash and stone cherries, boil till soft in very little water; sweeten to taste, boil thick and put up in sealed jars or crocks.

A little spices can be added to Cherry Jam when ready to serve and it makes a delightful sweet dish to be served with fowl or game.

ORANGE MARMALADE

Weigh the fruit before cutting it and allow the juice and grated rind of one lemon to every

five oranges. Also allow three-quarters of a pound of sugar to each pound of fruit.

Remove the peel, cover with water and boil until just tender, then drain and when cool, scrape off all pithy part and cut the thin yellow rind in long thin shreds. Remove the seeds and skin from the pulp and boil the pulp with the sugar until done. To this add the shredded rind and cook until thick, but not as thick as jelly.

PRESERVES

Preserves, to be perfect, must be made with the greatest care. Economy of time and trouble is a waste of fruit and sugar. The best preserves are made by putting only a small amount of fruit at a time in the syrup, after the latter has been carefully prepared and clarified. It is difficult to watch a large quantity so as to insure its being done properly.

Put peaches, pears, quinces and apples into cold water as fast as peeled to prevent their turning dark. The old rule is "a pound of sugar to a pound of fruit," but three-quarters pound sugar to a pound fruit is sufficient, when put in sealed jars and even less is sometimes used. The use of an excess of sugar is no longer thought necessary, as preserves may be less sweet, with no risk of fermentation, if properly sealed.

In preserving fruit, such as apples, peaches, tomatoes, plums and strawberries and other fruits which are likely to become too soft in cooking, it is a good plan to pour the hot syrup over the fruit, and allow it to stand a few hours; by this method the juice is extracted, and the fruit hardened.

Another method of making fruit firmer, known as Sun Preserves: Take the fruit out of syrup after cooking a few minutes, and place in the hot sun for two or three hours, then place in jars and pour the boiling syrup over. Boil five minutes, then place fruit in sun one hour, letting syrup cook slowly on back of stove, put in fruit and boil twenty minutes and place in sun another hour, then put away. Long protracted boiling destroys the pleasant natural flavor of the fruit and darkens it.

Preserves should boil gently to avoid danger of burning and in order that sugar may thoroughly penetrate fruit, a good syrup is made in

proportion of half pint water to pound sugar. Loaf sugar is best.

Put sugar and water over the fire and just before it boils stir in the white of an egg, beaten lightly with two tablespoons water; as it begins to boil, remove scum with great care; boil until no more scum rises, and then add fruit. Or the white of an egg may be mixed thoroughly with the dry sugar in the kettle, and the boiling water poured over, when all impurities will immediately rise to the surface, with the egg. Then boil slowly or rather simmer until the preserves are clear. Take out each piece with a skimmer and lay on a flat dish or put in the jar at once.

Cook the syrup until it threads from the spoon and pour over the fruit, but be sure to skim off all scum which is sure to rise.

TOMATO PRESERVES

Scald and skin carefully small, perfectly formed tomatoes, not too ripe (yellow pear-shaped are best). Add equal amounts of sugar

and fruit by weight, let remain over night, then pour off all juice into a preserving kettle; boil to a thick syrup and clarify with the white of an egg. Add tomatoes and boil carefully until they look transparent.

One lemon to each pound of tomatoes, sliced thin and added to the syrup makes a great improvement.

FIG PRESERVES

Use fruit fully ripe but not cracked open. Soak about thirty minutes in lime water. Make a syrup of three-quarters of a pound of sugar to each pound of fruit, allowing a cup of water to each pound of sugar. Keep the figs in the syrup and boil until well cooked, then remove them, placing them in a fruit jar. Boil syrup until there is just enough to cover fruit, pour it over the fruit, seal the jar and put it in a dark cellar.

PUMPKIN PRESERVES

Select a good, sweet pumpkin; halve, remove

seeds, cut into slices, peel, then cut in small pieces, weigh and put in preserving kettle in layers with equal amounts of sugar sprinkled between. Add one gill of lemon juice and let stand two or three days; then add half pint for each three pounds sugar used. Boil until pumpkin is tender; turn into a crock and let it remain three or four days. Drain off syrup, boil until it is thick, skim and pour boiling hot over the pumpkin. A little bruised ginger and thinly pared lemon rind may be boiled with the syrup to add to the flavor.

QUINCE PRESERVES

Make the same as "Pear Preserves." Tie the peelings in a cheese-cloth bag and boil with the syrup to enhance the flavor.

PINEAPPLE PRESERVES

Select ripe and perfectly sound pineapples, cut in thick slices as fruit shrinks very much in

boiling. Pare off rind carefully, notching in and out, as the edges cannot be smoothly cut without great waste.

Allow one pound sugar to one pound fruit and dissolve portion of the sugar in preserving kettle with a gill of water; when this is melted gradually add remainder of sugar and boil until it forms a clear syrup, skimming well.

Put in pieces of pineapple and boil well for at least half an hour or until it looks nearly transparent.

Put in air-tight jars.

STRAWBERRY PRESERVES

Select large fresh berries, cover with their weight in sugar and let stand over night. In the morning drain off the syrup in preserving kettle, cook about twenty minutes, then put in berries and cook ten minutes.

Put in glass jars or jelly glasses.

APPLE PRESERVES

Use three quarter pound sugar to each pound apples; make syrup of sugar and little water in which root ginger (bruised and tied in a bag) has been boiled until strength is well extracted, add a little lemon juice or sliced lemon, skim off all scum, and boil in a syrup a few apples at a time until transparent, and place in jar.

Boil syrup until thick, pour boiling hot over the apples and cover closely.

The ginger may be omitted if not liked and orange peel or other flavoring used instead.

CRAB-APPLE PRESERVES

Use the red Siberian crab-apple, carefully selected, leave the stems on and put in a kettle with enough water to cover.

Heat *slowly* to boiling and simmer gently until skins break. Drain and skim them; then with a pen-knife extract the cores through the

blossom ends. Weigh and allow a pound of sugar and a half pint of water to each pound of fruit. Boil water and sugar together until scum ceases to rise, skimming well; then put fruit in syrup, cover kettle and simmer until apples are a clear red and tender. Take the fruit out with skimmer, place in jars, about three-quarters full. Boil the syrup to which add the juice of two or three lemons; then pour over the apples and seal at once.

PEACH PRESERVES

Use any peaches that do not mash readily in cooking, peel, halve them and remove pits; take equal parts in weight of fruit and sugar or if to be sealed in glass jars, three quarters of a pound of sugar to a pound of fruit and one half cup water to each pound sugar. Clarify as directed, and when the scum ceases to rise, add fruit, a small quantity at a time; cook slowly about ten minutes, skim out into a jar, add more and so on until all are done, then pour

the boiling syrup over all, and seal in air-tight jars.

PEAR PRESERVES

Pare, cut in halves, core and weigh the fruit. To prevent darkening, drop into cold water till ready to use; allow three quarters pound sugar, for each pound fruit and one half cup of water to each pound of sugar, boil a few minutes, skim and cool, when luke warm add pears, and boil gently until syrup has penetrated them, and they look clear.

Some of the pieces will cook before others and should be removed; when done boil down syrup a little and pour over them.

A few cloves stuck here and there in the pears add a pleasant flavor. Seal in glass jars.

PLUM PRESERVES

Take equal weight fruit and sugar, add one half cup of water to each pound of the sugar

to make a thick syrup, boil and skim and pour over plums (previously washed, pricked and placed in a stone jar) and cover with a plate. The next day drain off syrup, boil, skim and pour it over the plums; repeat this for three or four days, then place plums and syrup in preserving kettle and boil for half an hour. Put up in stone jars and cover like jellies or seal in air-tight jars.

DRY PLUMS

Gather plums when full grown and just turning color; prick them, put in saucepan cold water, and set over fire until water is at boiling point, then take them out, drain and boil gently in syrup made with a pound of sugar to each cup water, using the water plums were cooked in. If plums shrink and will not take the sugar, prick them as they lie in the pan, give another boil, skim and set away.

Next day add more sugar boiled almost to a

candy to the fruit and syrup; put all together in a wide-mouthed jar, and place them in a cool oven for two nights, then drain the plums from the syrup, sprinkle a little powdered sugar over them and dry in a moderate oven.

GREEN GAGE PRESERVES

Allow one pound sugar and one-half cup water to every pound fruit; boil sugar and water together until a syrup, halve the gages, take out the stones, put fruit into syrup and and simmer gently until nearly tender, removing all scum. Take off fire, put into large crock, and next day boil again for about ten minutes with blanched kernels from stones. Put fruit carefully into jars, pour the syrup over it, cover at once and let cool.

MULBERRY PRESERVES

Put some of the fruit in preserving kettle and

simmer gently until the juice flows freely. Strain through a bag and to every pint juice add two pounds sugar, and two pounds fruit (fresh). Put sugar in preserving kettle, moisten with the juice, boil up, skim well and add fresh berries, which should be ripe but not soft enough to break to a pulp. Let them stand in syrup until warmed through, then boil gently; when half done turn into crock and let remain until next day; then boil as before and when syrup is thick, put preserves into cans or jars.

In making this, care should be taken not to break mulberries.

CARROT PRESERVES

Boil small, young carrots in water till tender, scrape off the outside and grate, add sugar to taste, pieces of citron, cinnamon and nutmeg to taste; use equal amount of orange and lemon juice to taste, simmer slowly until done, then put away in jars.

Very wholesome for children and very much liked.

CHERRY PRESERVES

Choose sour cherries, stone carefully and allow equal quantities of sugar and fruit, sprinkle half the sugar over the fruit, let stand an hour, pour into preserving kettle and boil slowly ten minutes; skim out cherries, add remainder of sugar to syrup, boil, skim and pour over the cherries.

Next day drain off syrup, boil, skim if necessary, add the cherries, boil twenty minutes and seal in small jars.

APRICOT PRESERVES

Apricot preserves are made the same as apples, only use care in the boiling, in order not to break or mar the appearance of the finished product. Open the fruit only just enough to

remove the stones; crack the stones, blanch the kernels, and put a few in each jar.

BLACKBERRY PRESERVES

Select large, ripe, but not soft, berries.

Allow one pound sugar to one pound of fruit. Put fruit in preserving kettle, let heat slowly on back of stove until there is so much juice that it can boil without burning; boil until perfectly tender, ten or fifteen minutes, then add sugar, mix as gently as possible, and do not boil again, but keep very hot until sugar is perfectly dissolved, then fill cans and seal.

CITRON PRESERVES

Pare off rind, seed, cut in thin slices two or three inches long, weigh and put in preserving kettle with enough water to cover; boil one hour; take out melon, and to water in kettle add as much sugar as there is melon by weight,

boil syrup until thick, replace melon, add one sliced lemon to each pound fruit, boil twenty minutes more, take out, boil syrup until almost as thick as molasses and pour over the fruit.

ELDERBERRY PRESERVES

Stem and cleanse the elderberries, rejecting all imperfect ones, boil the berries in sorghum molasses until quite thick, then pour hot into stone crocks, and tie up securely with a piece of clean soft paper, fitted to size of crock, laid directly on the fruit to take the mold if there be any. These are for pies, puddings, etc.

Wild grapes may be put up in the same way and make delicious pies.

WATERMELON PRESERVES

Pare rinds of watermelon, cut in pieces two or three inches long or in leaves, stars, diamonds, triangles, hearts, or any fancy shapes;

weigh, place in cold water, skim out, add a heaping teaspoon salt to two gallons of rind, let stand until salt dissolves, over night if desired; fill kettle with cold water and bring to boiling point, boil until they can be easily pierced with a fork; drain from water and put into a syrup previously prepared as follows:

Bruise and tie in muslin bag four ounces of dried or green ginger-root, and boil in three pints of water until strongly flavored. If green root is used, it must be soaked and scraped, so it will not discolor the syrup. Add also the rinds of three or four lemons, pared in quarters (squeeze lemons and use juice as directed hereafter); when water is well flavored with the rinds, skim them out and put in another saucepan, cover with fresh water, and boil until tender, then cut in narrow strips lengthwise, notching the edges, or cut in any shapes desired. Make a syrup of the water in which the ginger and lemon rinds were boiled and a heaping pint of sugar; when well dissolved, place on fire, boil

and add a heaping pint of melon and half dozen pieces lemon rind, boil till transparent; place in glass cans, pour over the hot syrup and seal as directed.

APPLE CHEESE

Take one pound apples, cooked to a pulp, one pound powdered sugar, the juice and grated rind of three lemons, and four eggs, well beaten Mix the sugar and apples, then the lemon juice and rind, and last, the beaten eggs. Put them in a saucepan with quarter pound fresh butter, melted. Stir it over a moderate fire for half an hour without ceasing, and put into jars, covering when cold.

This is a delicious preserve and keeps well.

APPLE BUTTER

Boil down one gallon of new cider to a quart, then having pared, cored and steamed apples

until tender, rub them through a sieve, and thicken the boiled cider with the pulp, using one half pound to one pound of pulp and flavor with cinnamon and nutmeg to taste; a little lemon or orange rind adds to the flavor.

PEACH BUTTER

Use pound for pound of sugar and peaches, boil untl soft, kernels, skin and all, then mash through a colander, flavor with cinnamon and cloves, cook, stirring constantly until it begins to bubble. Put in sealed jars.

CATSUPS

MUSHROOM CATSUPS

Mushroom catsup is best when made of large mushroom flaps fully ripe, fresh, and perfectly dry, that is, gathered without rain or dew. If this point is not attended to the catsup will not keep. Do not wash or skin the mushrooms, but carefully remove any decayed, dirty or worm-eaten portions. Cut off about one-half inch from the stem, then break the rest into small pieces, put them into an earthen jar and allow three-quarters of a pound of salt for two gallons of mushrooms, placing in alternate layers, scattering the larger portions on top. Let stand for three days and stir gently with a wooden spoon each day. At the end of the three days closely cover the jar and set in a cool oven for an hour, then strain the liquor which comes

from the mushrooms through a coarse cloth, and boil twenty minutes. Do not squeeze the mushrooms. To one quart of liquid add one-half teaspoon ginger and black pepper, pinch mace.

Boil again until the quantity is reduced one-half. Let stand until cool, then put it into perfectly dry bottles, being careful to leave the sediment which will have settled to the bottom, undisturbed.

Cork, seal and keep in a cool, dry place.

CHERRY CATSUP

1 pt. cherry juice	½ lb. sugar
Teaspoon cloves	1 teaspoon cinnamon

Boil to thick syrup and bottle.

CUCUMBER CATSUP

1 doz. large cucumbers	4 large onions
1 oz. celery seed	1 tablespoon of salt
1 tablespoon olive oil	3 tablespoons lemon juice
1 teaspoon white pepper	½ pt. salad oil

Peel, remove seed and grate the cucumbe on coarse grater, put the pulp in a large towel and wring out all moisture that can be extracted, peel, grate or chop fine the onions, and mix with the grated cucumbers, adding celery seed, salt, pepper and cooking oil. Now add lemon juice and oil, mix well and put into wide mouthed glass jars, put a tablespoon oil on the top of each jar and seal air-tight.

CURRANT CATSUP

4 lbs. of currants
1 tablespoon gr. cinnamon
1 teaspoon cloves
1½ lbs. sugar
1 teaspoon salt
1 teaspoon pepper
1 cup water
1 cup lemon juice

Stew currants and sugar together until thick, then add the balance of ingredients.

Mix well and bottle.

GRAPE CATSUP

5 lb. grapes
1 cup lemon juice
1 teaspoon cloves
1 teaspoon cinnamon
1½ lbs. sugar
1 cup water
1 teaspoon allspice
½ teaspoon pepper
½ teaspoon salt

Boil and strain the grapes through a colander, add the balance of the ingredients to the grape juice, stir well and cook until thick, bottle and seal air-tight.

LIVER CATSUP

1 lb. chicken livers
1 quart cold water
1 large onion
Salt, paprika, cloves
1 oz. or juice of one lemon

Slice the onion over the livers, stick with the cloves; add the lemon juice. Let stand five hours, then add the cold water and boil until tender, mash through a sieve, add the balance of ingredients, cook until thick and bottle.

OYSTER CATSUP

1 pt. oysters
½ teaspoon cayenne
1 pt. apple cider
1 teaspoon powdered mace

Procure large, fresh oysters and save the liquor, scald the oysters in the liquor and the cider, strain and put them in a mortar with the spices, pound the whole until reduced to a pulp, then add it to the liquor in which they were scalded, cook for fifteen minutes longer, then bottle, cork and seal.

TOMATO CATSUP

½ bushel ripe tomatoes
4 oz. salt
½ oz. cloves
6 large onions
1 doz. lemons
3 oz. white pepper
1 oz. cinnamon
1 drachm cayenne pepper
1 cup sugar

Slice the tomatoes and onions. Place on the fire and stir in their own liquor until soft, then rub through a sieve which will not permit of the

seeds going through. Boil the pulp and juice down to a thick consistency, stirring steadily all the time to prevent burning, then add the lemon juice, to which a cup of sugar and the spices have been added, boil up twice and bottle, cork at once and seal with wax.

CONFECTIONERY

There are very few modern kitchens in which some cooking utensils may not be found convenient for candy-making. An iron saucepan with a handle and flaring sides, with a lip to facilitate the pouring of contents, will be found most suitable for such purposes; or a small iron or brass kettle is good, if kept very clean.

To clarify sugar or syrup for making different kinds of candies:

Dissolve four pounds white sugar (granulated preferred) in one quart of water. Place this in a candy kettle over a slow fire for half an hour, pour into it a small quantity of gelatine and gum arabic, dissolved together, and skim off all the impurities which rise to the surface.

To make the clarifying process still more per-

fect strain through a flannel bag. This syrup can be used for all kinds of candy making, but must be cooked or boiled to different degrees for different candies.

Butter should be put in candies when they are almost done, and flavors are more delicate when added immediately after taking from the fire.

Coloring for candies is sometimes injurious and should be avoided.

When powdered almonds are to be used they should be thoroughly dried in the open air after blanching; then they will pulverize more easily. Blanched almonds should always be prepared the day before they are needed, so that they may become perfectly dry before using.

CHOCOLATE CARAMELS

No. 1

1 cup granulated sugar
1 cup molasses or brown sugar
½ cup milk or 1 cup cream
½ cake of chocolate
1 tablespoon butter

Mix all together and boil; when nearly done, if milk is used add the butter but when cream is used no butter will be needed; stir when you first put on the fire, but not after it begins to boil, as that will make it grain.

It is done when it becomes brittle when dropped into cold water, but do not let it get too hard.

Pour into a greased tin pan about one-half inch thick and mark with knife when it begins to harden.

CHOCOLATE CARAMELS

No. 2

4 cups brown sugar
½ cake of chocolate
1 tablespoon vanilla
1½ cups milk
Piece of butter, size of an egg
Juice of 1 lemon

Mix all together, but do not stir, shake the kettle gently while boiling. Add the vanilla just before you remove from fire; test by drop-

ping in cold water and turn into a greased pan.

Mark into squares while soft.

FRENCH CREAM CANDY

1 lb. sugar 1 pt. water

Mix the sugar and water and boil carefully without stirring, when it has boiled ten minutes try it by dropping the candy from the spoon into a bowl of ice water and if when it falls to the bottom you can take it up between the thumb and finger and roll into a ball, which will not be sticky if it is done.

Remove from the fire and when cool a thin jelly-like film forms over the surface if it is properly done, and the candy may be made; but if the coating over the top seems at all sugary and the candy is wanted creamy and nice, a few spoonfuls of water must be added and the candy returned to the fire for a few minutes, boil and test as before.

Do not let it become the least brittle; if it

does, add water and boil again. A pinch of cream of tartar helps to check the tendency to turn to sugar.

When the syrup is perfectly done and cooled so that the fingers may be borne into it, beat rapidly with a spoon and in ten minutes it should be a white paste resembling lard, which can be worked like bread dough. This is the foundation for all French candies and is called by French confectioners *fondant*. Walnut cream, chocolate cream, vanilla, almond cream, ribbon candy cream and tutti-frutti are a few of the many varieties.

CREAM CANDY

1½ lbs. granulated sugar 2 oz. butter
1½ cups water Juice of 1 large lemon
Rind of ½ lemon (cut)

Boil the sugar and water together with the rind of the lemon, and when done (which may be known by its becoming quite hard when dropped

into cold water) set aside until boiling has ceased, then stir in the butter and lemon juice and remove the pieces of rind; pour the candy in a buttered dish to cool and as soon as it can be handled pull until white.

HOREHOUND CANDY

2 oz. dried horehound 3½ lbs. brown sugar
3 cups water

Boil horehound in the water for one-half hour, strain, add the sugar and boil until it will harden and crack when dropped in cold water, pour out in flat, well-greased pans and mark into sticks or small squares.

COCOANUT PATTIES

1 fresh cocoanut Whites 6 eggs
Sifted powdered sugar Flour

Grate the cocoanut, spread on platter and let stand for two days or until dry. Keep in a cool,

dry place. Weigh it and use twice its weight in powdered sugar.

Whip the whites very light, add the sugar gradually, then fold in one cup flour to each pound of sugar.

Drop mixture on oiled baking pan, a spoonful at a time. Bake in moderate over about twenty minutes, take from pans while warm, and when cold, put away in a closed tin box

BUTTER SCOTCH

3 lbs. granulated sugar ¼ lb. butter
½ teaspoon cream tartar ½ teaspoon extract lemon
Water (cold) enough to dissolve sugar

Boil water and sugar without stirring until it will easily break when dropped in cold water, and when done add the lemon, cream tartar and butter; have a pan well-buttered and pour in one-fourth inch thick, when partly cold mark off in squares.

MOLASSES CANDY

2 cups molasses
1 tablespoon butter
1 teaspoon baking powder
1 cup brown sugar
2 teaspoons cream tartar
2 tablespoons lemon juice

Boil the sugar and molasses twenty minutes, then stir in the balance of the ingredients, test by dropping in cold water, when done pour out to cool and pull till a light color.

PEANUT CANDY

2 lbs. brown sugar
1 cup water
1 teaspoon soda
½ cup best molasses
2 teaspoons vanilla
2 cups of shelled peanuts (parched)

Boil the sugar, molasses and water until it hardens when dropping into cold water, then add the balance of the ingredients with the exception of peanuts.

Grease the tins in which you are going to put

the taffy. Place a layer of the nuts over the bottom and pour taffy over them. Cool and mark.

LEMON CANDY

1 lb. loaf sugar — 1 large cup water
Juice of ½ lemon

Mix the sugar and water, cook over a slow fire for about thirty minutes, then add the lemon juice, and take off the scum as it rises, testing by raising with a spoon and when the "threads" will snap like glass pour into a greased pan. When almost cold mark in strips. Before pouring into pan chopped cocoanut, almonds, peanuts or Brazil nuts, cut in slices, can be added if desired.

MAPLE CANDY

3½ lbs. maple sugar — 3 cups water
1 teaspoon cream of tartar

Mix and boil over a brisk fire, taking care it does not burn. When it boils add a little cold

water, take from fire and skim well. Do this as often as impurities arise. After boiling twenty minutes remove a small portion of the candy and cool by placing in a cup set in cold water. When cool, if it forms a "string" or thread as they are separated, the process is almost done and great care must be used to control the heat so that the boiling may be kept up without burning.

Test frequently by dropping a bit into cold water. If it becomes hard and brittle, snapping apart, it is done. Stir in the cream of tartar, remove from stove at once, and turn into greased pans. Cool until it can be handled. pull until it begins to harden. then form into stick or any shapes desired.

ICED FRUITS

Divide into quarters or eighths apples or oranges. Dip in a firm icing and string on a thread. Suspend in a slow oven or sunshine until dry.

NOTE.—Any kind of fruit or berries can be prepared according to this recipe.

NUT AND FRUIT PASTE

¼ lb. of pignolias (pine nuts)
½ lb. of pecan meats
1 tablespoon Beech-Nut Peanut Butter
½ lb. of figs
½ lb. of dates
½ lb. of seedless raisins
¼ lb. of almonds
1 tablespoon of olive oil

Wash and dry the figs. Stone and trim the dates. Mix all the fruit and the nuts and put the whole through a meat chopper. To this add the olive oil and peanut butter. Mix well and press all together on a dish or bread board about one inch thick. Cut in thin strips, roll in oil paper and put away for future use. This paste, laid upon whole wheat bread, makes excellent sandwiches.

PEANUT BUTTER FUDGE

2-3 cup of milk
1 cup of maple sugar
1 cup of brown sugar
Pinch of salt
1 teaspoon of vanilla
1 cup of Beech-Nut Peanut Butter

Put milk and sugar into a saucepan. Let it boil until a soft ball may be formed when the mixture is tried in cold water. Remove from the range, add peanut butter, vanilla and salt. Beat to a creamy consistency and turn into a buttered pan. Cool slightly and cut into squares.

MAPLE CHOCOLATE CREAMS

2½ cups maple sugar
¼ lb. chocolate
½ cup cream, or cold water can be used if preferred

Boil the sugar and cream until it forms a soft ball when dropped into cold water, then remove from fire and place the saucepan (with the candy) into a larger one, with cold water, and

beat until it is cold enough to form into little balls, then melt the chocolate over steam and roll the balls in it.

Dry on a paper, place a walnut or pecan meat inside of the balls if it is desired and roll them in granulated sugar instead of chocolate.

POP-CORN BALLS

1 lb. granulated sugar 1 cup water
1 oz. white gum arabic

Dissolve the gum in the water and strain, add the sugar and boil until when a little is placed in a saucer it becomes so thick it will be difficult to stir. Pour this over freshly-popped corn and when well stirred, the kernels will adhere in a mass; form into balls by pressing with floured hands.

HICKORY-NUT TAFFY

2 lbs. maple sugar ½ pt. water
Juice of 1 lemon Hickory nut meats

Boil the sugar and water until it becomes brittle when dropped in cold water, and just before it is done, add the lemon juice.

Cover the bottom of a greased pan with the nut meats and pour the candy over.

DATES AND NUT CONFECTION

½ cup walnuts, chopped
½ cup black walnuts, chopped
12 dates chopped
2 figs cut in small pieces
1 stiffly beaten egg white
Thick sugar syrup
1 tablespoon Peanut Butter
½ cup of pecan meats cut in half lengthwise

Mix the chopped dates, figs, peanut butter and walnuts of both kinds, then add two tablespoonfuls of syrup, or enough to hold the nuts and figs together, which has been made of either brown or maple sugar. To this add the stiffly-beaten egg white, and last add the pecans and make small, round shapes on a buttered tin. Place in the oven ten or twelve minutes before serving.

COCOANUT CONFECTION

Bring to a boil two cups of cocoanut milk and stir in one cup of powdered sugar. Boil until it begins to thicken. Stir in a sufficient amount of fresh grated cocoanut to make a thick paste. Drop from a spoon on well-oiled plate, pat down into thin cakes, cool and serve as a dessert.

MEXICAN PRALINES

Use quantity of maple or brown sugar desired. Add one or two tablespoons of water or enough to prevent burning. Boil until it hairs from the spoon.

Place a thin layer of nuts in well-oiled saucers and pour the melted sugar over them until just covered.

Set aside to cool.

NOTE.—This is a delicious confection. It is rich in carbon, fats and proteids, three of nature's essential foods.

MARSHMALLOWS

Few grains salt
2 cups fine granulated sugar
1 envelope Knox Sparkling Gelatine
1¼ cups water
1 teaspoon vanilla

Soak gelatine in one-half the water five minutes. Put remaining water and sugar in saucepan, bring to the boiling point and let boil until syrup will spin a thread when dropped from tip of spoon. Add soaked gelatine and let stand until partially cooled; then add salt and flavoring. Beat until mixture becomes white and thick. Pour into granite pans, thickly dusted with powdered sugar, having mixture one inch in depth. Let stand in cool place until thoroughly chilled. Turn on a board, cut in cubes and roll in powdered sugar. This recipe makes about one hundred marshmallows. Nuts, chocolate, fruit juices, in place of part of the water, or candied fruits chopped may be added—or the plain ones rolled in grated cocoanut before being sugared. Dates stuffed with this confection are delicious.

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